

Graduation celebration for 2013 graduating class

By Rebecca Lyman Reporter/Ad Sales



Photo by Rosemary Stephens

On May 8, 2013 the Cheyenne and Arapaho tribes Education Department host a graduation banquet for collegiate and high school tribal members at the Frisco Center in Clinton, Okla.

The keynote speaker for this year’s celebration was Dr. Janet Barresi, State of Oklahoma Superintendent of Public Instruction. She urged the graduates to hold on to their dreams and to stand firm in the knowledge that they can change the world they live in.

“I really appreciate the opportunity to speak to you tonight, I am very, very pleased to be here and recognize such great accomplishments from high school, college graduates, degree recipients and from what I understand at least one doctorate,” Barresi said.

Barresi established Oklahoma’s first public charter school, Independence Charter Middle School in Oklahoma. As a result of the success of Independence, she was asked to start Harding Charter Preparatory High School, where she served as board president.

“The direction of Oklahoma education is to do what we honored here tonight which was for these young people to dream and to achieve. All the work that we are doing around the state is making sure that every child in the state is college, career and citizen ready. That is what we are celebrating here tonight, these young people are college, career and citizen ready,” Barresi said.

She congratulated the graduates and said the graduates are not just the future of the Cheyenne and Arapaho tribes, but they are the future of the state of Oklahoma.

“I love this state so much and I am honored to be a part of this evening tonight, what a blessing to see so much family here,” Barresi smiled. “What struck me tonight, was the incredible spiritual nature of this evening, everything from the music, to the dances, the speeches and the love of family. In so many other schools I don’t get to see such a rich presence of family. Thank you for inviting me here to share this evening with you. I try to find five things to be thankful for everyday, I probably

found about fifteen tonight.”

A special recognition for the honored educator, Dr. Ralph Dru followed the keynote address.

Dru, Cheyenne and Arapaho, recently retired for the Department of Defense in Shreveport, La. as the chief medical officer. Dru has two sons Charles and Isaac and resides with his wife, Suyapa, in Shreveport. He has worked at Indian hospitals in Lawton, Okla., Phoenix, Ariz., Gallup and Albuquerque, N.M., and Lame Deer, Mont. He earned a medical degree after his service in the Korean War and climbed from the rank of private to colonel in 20 years. Dru was also the Oklahoma Indian Nations powwow Indian of the Year in 2006. Dru, along side his sister Irene Hamilton, have together developed vaccinations and given health care to those in need across the United States.

“This can be a difficult time moving into transition, with money and not being so dependant on mother and father it is one of the most difficult

See *Graduation celebration*, page 7

Losing a son takes a father on a journey of recovery

By Rosemary Stephens, Editor-in-Chief

When David Deere awoke on a bright, sunny morning in May 2010, he never dreamed it would be the last day he would ever spend with his son Derrick, nor the abrupt direction his life would take.

Derrick, 18, died in a alcohol related car accident that same bright sunny day May 23, 2010 ... two short days after graduating from Morris High School.

“My last day with my son Derrick was one of waking up and never dreaming it would be the last day I would see my son alive ... nor realizing the outcome of a lot of bad choices I made,” David cried, sadly shaking his head. “Graduation time is getting close and I hope by sharing my story and getting the word out about the dangers of drinking and driving it might save a life ... just one life.”

As David tried to begin to share his story, he is continually overcome with tears, the pain inside of him, at times, seemed to be too much for him to bear.

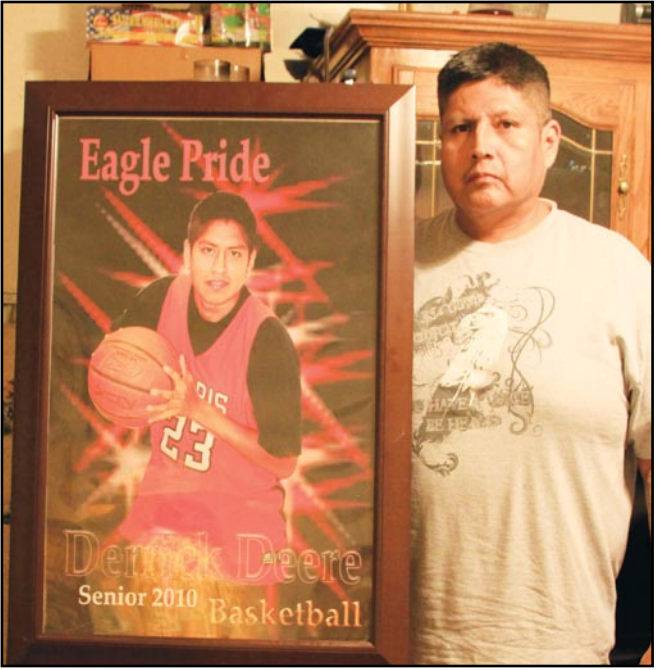


Photo by Rosemary Stephens

David Deere, stands beside a poster of his son, Derrick. It is one of the items he displays when he shares his story of losing his son in an alcohol related car accident. David wears a t-shirt that displays Derrick’s artwork, one of many of his designs.

“He was a promising individual of the Cheyenne and Arapaho tribes of Oklahoma. The youngest of four and he always seemed

See *Journey of Recovery*, page 6



Casinos get ready for impact of legalized Internet gambling

By Wayne Parry, Associated Press

Atlantic City, N.J.-With legal gambling now moving beyond the casinos and onto the Internet, the industry is bracing for the most far-reaching changes in its history.

A Las Vegas firm, Ultimate Gaming, on Tuesday became the first in the U.S. to offer online poker, restricting it, for now, to players in Nevada. New Jersey and Delaware also have legalized gambling over the Internet and expect to begin offering such bets by the end of this year.

Many inside and outside the industry say the recent position taken by the federal government that states are free to offer Internet gambling, as long as it doesn’t involve sports betting, will lead many cash-hungry state governments to turn to the Web as a new source of tax revenue.

Ten other states have considered some form of Internet

gambling so far this year, but none has legalized it yet.

“It’s no longer a question of if Internet gaming is coming; it’s a question of when,” said Frank Fahrenkopf, president of the American Gaming Association, the trade organization for the nation’s commercial brick-and-mortar casinos.

“Unless there is a federal bill passed, we are going to have the greatest expansion of legalized gambling in the United States. I don’t think that’s what anyone intended, but it is what we’re seeing.”

Internet gambling is expected to take off in New Jersey before long. The Borgata Hotel Casino & Spa has said it is preparing to offer online gambling later this year, and Gary Loveman, CEO of Caesars Entertainment, has also said he expects his company’s four Atlantic City casinos to grab a large share of New Jersey’s online market.

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Teen shares her life after death experience throughout Indian country

“I want you to be my messenger...”

By Rebecka Lyman, Reporter/Ad Sales

Mishayle Breemer, 13 year old, Blackfoot tribal member, remembers every detail of her death, of her travels to the afterworld ... through hell and ultimately into heaven.

Mishayle was diagnosed with leukemia in 2002 at the age of 2. She spent the majority of her childhood from 2 years old to 6 years old in and out of hospitals. Then came a day in 2006 when Mishayle slipped into an eight-day coma, with no hope of returning.

On May 2, 2013, Mishayle, along with her mother Dana, shared their story of Mishayle’s miraculous healing and her journey through the spirit world at the Hammon High School Auditorium in Hammon, Okla.

“When I found out my daughter was diagnosed with cancer in 2002 at the age of 2 I was heart broken ... it seemed like the end of the world for me,” Dana said. “Mishayle was raised in a hospital from the time she was 2 to 6 years old and suffered with leukemia. She did not experience a normal childhood and was not able to go to school or run around like other kids.”

Dana said it was in 2006 that Mishayle developed a viral infection and in August 2006 she was rushed to the Seattle Children’s Hospital in Seattle, Wash., from Montana on a jet airplane.

“It was within that time Mishayle’s body shut down and went into a coma that would last for eight days,” Dana softly said, holding the microphone in her hands, silent for a moment. “On the eighth day the doctors did not know what to do with Mishayle. She was on life support and the doctors told me it was a, ‘touch and go situation’. A couple of hours later, two doctors walked out of the ICU with Mishayle walking between them, and told me, ‘we have no explanation for this, but we cannot find anything wrong with your daughter ... take her home.’”

A miracle had occurred, Mishayle was no longer sick ... it seemed she was cured of leukemia, but what Dana would find out two years later, is her daughter did die and leave this world and she had a story to share ... her personal testimony.

“I was reading a book one evening when Mishayle entered my room, sat down on my bed and said to me that she had gone to heaven (during her eight day coma) and had been with Jesus. I wondered why she was suddenly telling me this and she said to me, ‘two angels came and got me at 5 a.m. this morning. I was walking on golden stairs when I reached the third step, Jesus was there with me and said to me you are prepared now to tell my story,’” Dana said struggling with her emotions.

Dana said Mishayle told her, “He told me to tell my story now and don’t be shamed, to come out of the dark and ‘speak now and tell your story.’”

At this point Dana turned to Mishayle, handed her the microphone and said, “Mishayle will share her testimony of what happened to her during those eight days she was in a coma.”

Mishayle, in a soft tone said she remembered leaving her body and floating above her body while looking at what the doctor was doing to her while she was still at the Browning Hospital in Montana. She said she went through the curtains and saw her mom and four other family members, then she was in the waiting room looking at the rest of her family, “suddenly I was back in my body that was being moved to a jet on our way to Seattle Children’s Hospital.”

Mishayle said she woke up while on the jet with tubes in her throat and looked for the comfort than came from her mother.

“I tried to cry out to my mom, but a nurse came up to me and put something in my IV. That was the last time I was awake. Then I went into a deep sleep and woke I up in hell,” Mishayle said. “I woke up and was really, really hot ... like hot, hot ... a hot steam was in my face, all over my body. It was like I was near a fire, but in the fire. I screamed out Lord help me ... Lord save me. I cried and cried, and then I heard somebody behind me say ‘I’m hot, I’m hot’. I turned around, there was a woman, and she had no eyes. She blamed Jesus for making her blind and bugs were crawling in and out of her eyes, she went screaming into the fire pit.”

Mishayle closed her eyes and said she felt deeply afraid and continued to cry out to Jesus.

“I was hot and in pain. It was bad smelling all around me, the smell was worse than stink socks. It was like a bunch of stink stuff stuck in my chest, I cried out to the Lord,” Mishayle wept. “The more I cried out to him it seemed like the more he did not hear me. I begged and begged. I cried out Lord I beg you, I beg you, help me. I cried for two days straight.”

Mishayle shared about a light that began to shine upon her that gave her a sense of safety.

“The light was coming close to me and it was Jesus. Jesus was near me, I said to him Jesus please I did not mean to blame you, please take me out of here. I did not mean to blame you. Jesus said that I was not in hell because I blamed Him; he said because, ‘I want to show you why people come here’. Then Jesus picked me up and we stood in front of a tall, tall door. There was this man, he was sitting there drinking, and out of the bottle was a worm with big eyes on each side of its face. The man drank the worm and the worm turned into fire and began to eat at his insides. He cried out to Jesus, ‘Lord, help me, help me!’ Jesus said to him, ‘I can’t, you should have known me.’ Then we stood in front of another tall door and there was another man, he was smoking. Worms were coming out of the smoke and began to tightly wrap around his lungs. The man just screamed, ‘Lord! Lord! Lord mercy, mercy!’”

Mishayle cried and said she asked the Lord “not to show her anymore.”

Mishayle said she woke up and was on green grass. The smell was the first thing she

noticed.

“A beautiful sweet, sweet smell like a sweet, sweet flower. The grass was very bright and there were many colors. I saw a rainbow and the next thing I looked at myself, and my skin wasn’t skin. I was wearing a really pretty white dress and I remembered saying, ‘Mom where are you?’”

She said next a man came out of the brush laughing and the angel that was standing near said, ‘Don’t be afraid, he is our Lord Jesus’.

“Jesus reached out for me and he held me. I felt like a tiny baby. I didn’t have no pain, no pain. I felt so free. I felt so much love. We started walking down a path. We came to a big mansion or a castle maybe and inside the window was Jesus’ mother, Mary. She was looking out the window at us. In back of her it was raining rose petals. We kept walking and came to a room. When Jesus went in, everyone got happy to see him. We heard a loud voice say, ‘you’re doing a good job my son.’ and Jesus said, ‘Thank you Father, have mercy Father, I love you Father.’ I heard God say, ‘Lift your hands up and pray.’ It was so strong, angels were singing,” Mishayle smiled. “We went to another place with babies. I saw bassinets with names, Anna, John, David, and Noah. Jesus said, ‘Which one makes you happy?’

Mishayle said she looked at the babies and asked, “Who is Noah?”

She said she then got to hold Noah who was giggling and smiling. Jesus said to her, “This is your baby brother, Noah. Soon you will see him.”

“We then went to another area where I saw all kinds of animals. Jesus said, ‘What is your favorite animal?’ I answered penguins and then I got to be a penguin chasing a man with fish, just for awhile,” Mishayle smiled and continued. “Soon Jesus told me go play and be free, to play because at home I didn’t get to play since I was always so sick. I was free, I was happy. No pain, no pain, I was free. I was on a swing and felt a flutter on my back. I looked back and I had small wings. Jesus said, ‘You look like a butterfly, my darling, you have wings because you’re beautiful.’”

Then Mishayle said it was then that Jesus let her make a choice for herself.

“Jesus said to me, ‘I will give you a choice. You can either stay and won’t suffer anymore or you can go back. I will give you a second chance, you go back and tell the people



Photo by Rebecka Lyman

Mishayle Bremmer takes a quick photo with her mother, Dana on May 2, 2013 at the Hammon High School Auditorium in Hammon, Okla.

I’m real, heaven is real. When you are sick, call on me and I will help you, I will heal you. I didn’t give you cancer. It was the bad guy downstairs and he is a liar. This is not a dream, this is real. Tell the people that I love my people and that I am real.” Mishayle cried, “I did not want to leave, I told Jesus I don’t want to leave, but I don’t want to make my mom cry. I don’t want to hurt her, I miss her, but I don’t want to leave. I chose to go back and I know I must tell the people my story. Jesus said to me, ‘I want you to be my messenger. I love you and soon I will see you again.’”

Mishayle said she woke up from her coma in Seattle and saw her mom waiting for her to wake up.

She described heaven as the most wonderful place she had ever been.

“While in heaven before coming back to earth, Jesus took my hands and said lay your hands on the people and I will do the rest, I will heal them and perform miracles. I give you a gift.” Mishayle said.

The young teenager is traveling with Pastor Roy Whitetail, along with his wife, Honey, her mom, Dana and other ministers sharing her testimony throughout the country. She no longer suffers from leukemia, baffling the doctors by her miraculous healing.

Cheyenne and Arapaho Elder Nutrition Center celebrates 25 years of service

Submitted by Oveta Lira, Acting ENP Coordinator

The Cheyenne and Arapaho Elder Nutrition Center (ENC) will celebrate 25 years of congregate meal service and homebound meal delivery service to the Clinton area tribal elders on May 20, 2013.

The groundbreaking for the ENC building was held on July 24, 1987, with the building originally built using tribal funds and a Housing and Urban Development (HUD) grant under the direction of Sister Clare Gaynor of the Irish Dominican Order. The first day of service was on May 13, 1988.

A celebration is planned for 1 p.m., Monday, May 20, 2013 at the ENC in Clinton, Okla. Lunch will be served and staff are hoping to have good weather and a good lunch turnout to help celebrate this momentous occasion. Gerald Panana has graciously accepted to give the prayer blessing for the center and for the meal.

At the time of this article, the ENP staff is awaiting word from the Cheyenne and Arapaho Tax Commission on a proposal to provide much needed renovations to the center and ensure another 25 years nutrition services to tribal elders.

For more information on these programs or upcoming

events at the Nutrition Center, please call (580) 331-2311 or (580) 331-2351.

Community meeting for Native American Caregiver program

The Native American Caregiver (NAC) Program Coordinator, Mia Contreras, hosted a community meeting Friday, May 10, 2013 at the Hammon Community Center in Hammon, Okla. Future meetings are forthcoming to educate tribal members on the NAC program.

The NAC program will be explained in full detail at the meetings and applications will be handed out to area elders who are in need of services.

Contreras will also be working with the Cheyenne and Arapaho Dept. of Health Director, Bobbie Hamilton, RN, Tara Conway and Gloria Zuniga of the Diabetes Wellness Program to schedule home visits to elders who are on the NAC Program and the Homebound Meal Program to conduct health and dietary assessments for these clients.

For more information on these programs contact Contreras at (580) 331-2311 or Oveta Lira at (580) 331-2351.



Submitted photo

The Elder Nutrition Center staff include: Back row: Ester Murray, volunteer; Driver; Tulane Wilson, elder Alice Seger, elder MaryBelle LoneBear. Front row: Oveta Lira, Acting ENP Coordinator; Louise Sam, Cook, Christopher Kester, Custodian, Gus Wilson, volunteer; Mia Contreras, NAC/Staff Assistant.

Bureau of Indian Affairs extends offer to monitor election

By Rosemary Stephens, Editor-in-Chief

As the 2013 Cheyenne and Arapaho general elections approach, questions still swirl about who will conduct these elections.

At the Oct. 6, 2012 annual Tribal Council meeting, the Tribal Council passed Resolution number 100612ATC-004, temporarily suspending the Cheyenne and Arapaho Election Commission and its rules and requesting the Bureau of Indian Affairs (BIA) to conduct the 2013 Tribal General Election.

Repeal of Resolution number 100612ATC-004 was attempted at a March 2, 2013 special Tribal Council meeting held in Hammon, Okla., however, the repeal was not voted on, instead being tabled, therefore, the original passage of Resolution number 100612ATC-004 remained in tact.

In a May 1 letter from the BIA (the same date as the official opening of candidacy application process began), the BIA indicated they are unwilling to conduct the 2013 general elections, but are willing to monitor the process and to provide technical assistance to the tribes.

The letter, from H.P. Ortiz Director, BIA, signed by Michael Black, states , in part, “We are in receipt of

C&A Tribal Council Resolution No. 100612ATC-004, temporarily suspending the C&A Election Commission and its rules and requesting the BIA to conduct the 2013 Tribal General Election. The resolution was passed by a majority of the C&A Tribal Council on Oct. 6, 2012.

The tribal council has requested BIA assistance with the 2013 tribal election in hopes of resolving the internal governance disputes the tribes are experiencing. In particular, the resolution references the high cost to tribal members of the protracted governance dispute and the existing of two separate and competing election commissions as grounds for seeking BIA assistance. The tribal council bases its authority to take these measures on Art. I, Sect. 2 of the C&A Constitution, which states, “Powers not granted to the government shall be reserved to the people,” and Art. V. Sect. 2, which provides that “the tribal council shall have the power to set policy for the tribes...”

Although the tribal council has requested the BIA to conduct the election, the BIA will limit its involvement to providing technical assistance and monitoring.

Specifically, the BIA may offer technical advice in election procedures, serve as a monitor for the counting of ballots and assist with certification of the election results. Final determination of any protests and challenges to the election procedure, the eligibility of candidates or voters, or the election results shall remain the responsibility of the forum designated in the constitution.

We have reviewed the constitution and election commission rules and regulations and understand the 2013 election cycle begins May 1, 2013. We request a tribal council resolution designating eight tribal members to serve as the 2013 election commission, as required by the constitution. We also propose that the election be conducted using eight polling places, with absentee balloting available for those tribal members who request an absentee ballot.

Finally, we are also aware that there are two supreme courts. We also request that the tribal council pass a resolution appointing a special tribal court judge to administer the oaths of office to all tribal officers elected in the 2013 tribal election.

The resolution authorizes the governor of the tribes to enter into a contract with BIA to conduct and oversee the 2013 General Elections and approves and authorizes funding in any amount deemed reasonably necessary to conduct the election. However, we are also aware of the tribes’ internal dispute regarding the recognition of the governor; therefore, we recommend that the tribal council authorize the election commission chairperson to execute any contracts necessary to conduct the tribes’ 2013 election as well as identify the source of funding to pay for the election in the event the governor fails to do so.”

In spite of the BIA’s offer to monitor the election, there is still some question as to who will be conducting it. Two separate election commissions have sent out notices accepting candidacy filings and voter registration forms.

The election commission affiliated with Janice Prairie Chief-Boswell’s administration is working out of the tribes’ complex in Concho, Okla. The commission recognized by Leslie Wandrie-Harjo has an office in El Reno, Okla., and a post office box in Weatherford, Okla.

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Election Commission Public Notice



In accordance with Article IX of the Cheyenne and Arapaho Constitution and Bill No.4L-RS-2012-12-008 of the Fourth Legislature, along with the Election Commission Rules and Regulations, hereby post the

2013 Official Primary and General Election Schedule for the Following Offices:

- Governor and Lieutenant Governor
- Legislator-Cheyenne Dist.2
- Legislator-Cheyenne Dist.4
- Legislator-Arapaho Dist. 1
- Legislator-Arapaho Dist. 2
- Election Commissioner Cheyenne Dist. 1
- Election Commissioner Cheyenne Dist. 3
- Election Commissioner Arapaho Dist. 3
- Election Commissioner Arapaho Dist. 4

May 1, 2013
Nominations open for qualified candidates for four Legislative Offices, four Election Commissioner Offices, and for the Offices of Governor and Lieutenant Governor.

June 3, 2013
Nominations close at 4 p.m. for four Legislative Offices, four Election Commissioner Offices, and for the Offices of Governor and Lieutenant Governor.

June 17, 2013
Preliminary List of Candidates posted.

June 17, 2013
Preliminary List of Voters Posted (includes all persons who are currently on the list of registered voters from previous elections and those who have recently registered through June 15, 2013).

July 15, 2013
Deadline to file written challenges to the Preliminary List of Candidates by 4 p.m.

July 15, 2013
Deadline to file written challenges to the Final Preliminary List of Voters by 4 p.m.

August 1, 2013
Deadline for final decisions and challenges to the Preliminary List of Candidates and the Preliminary List of Eligible Voters.

August 12, 2013

***(THIS DATE IS SUBJECT TO CHANGE PENDING LEGISLATION)**

Voter registration closes at 4 p.m.

August 15, 2013
Final list of Candidates and Registered Voters to be posted.

September 6, 2013 ***(If you will not be voting at the polls and live in one of the eight districts you must fill out an absentee ballot request form. If you need a form, please contact the Election Commission Office. Contact information below.)**
Deadline to mail out Absentee Ballots for the Primary Election

September 17, 2013
Deadline to mail out Absentee Ballots for the Primary Election to eligible voters.

October 8, 2013
Primary Election Day – Polls open from 7 a.m. to 7 p.m.

October 8, 2013
Absentee Ballots must be returned by mail to the Concho, Oklahoma, Post Office no later than 3 p.m. to be counted.

October 8, 2013
The Election Commission counts the ballots after the polls close.

October 9, 2013
Preliminary results of the Primary Election are posted by 9 a.m.

October 10, 2013
Deadline to file a request for a recount—No later than 9 a.m.
(Within 24 hours of the time the preliminary results of the Primary Election are posted).

October 10, 2013
Deadline to file written challenges to the preliminary results of the Primary Election –No later than 9 a.m.

October 14, 2013
Deadline for the Election Commission to render a decision on any challenges filed to the preliminary results of the Primary Election—No later than 9 a.m.; Primary Elections results are certified and final results

of the Primary Election are posted.

October 15, 2013
Deadline to mail out Absentee Ballots for the General Election to eligible voters.

November 5, 2013
General Election day—Polls open from 7 a.m. to 7 p.m.

November 5, 2013
Absentee Ballots must be returned by mail to the Concho, Oklahoma, Post Office no later than 3 p.m. to be counted.

November 5, 2013
Election Commission counts the ballots after the polls close.

November 6, 2013
Preliminary results of the General Election are posted by 9 a.m.

November 7, 2013
Deadline to file a request for a recount—No later than 9 a.m. (Within 24 hours of the time the preliminary results of the General Election are posted.)

November 7, 2013
Deadline to file written challenges to the General Election results – no later than 9 a.m.

November 11, 2013
Deadline to for the Election Commission to render a decision on any challenges filed to the preliminary results of the General Election --No later than 9 a.m.; General Elections results are certified and final results of the General Election are posted.

January 2, 2014
Oath of Office Administered by a Justice of the Supreme Court to all newly elected officials.

Posted this 1st Day of May 2013, at the Tribal Headquarters, BIA Concho Agency, and other appropriate locations and newspapers. Any inquires regarding voter registration, candidate nominations, and any other election issues may be made in person or by mail to

The Cheyenne and Arapaho Tribes Official Election Commission at P.O. Box 89, Concho, OK 73022, (405) 262-0345, ext. 27619. Stephanie Meat, Chairman, Official Election Commission.

Fighting for fathers’ rights

By Abraham Pedro

With Father’s Day coming up in a few weeks, it’s a wrenching worry this year, I may or may not have my sons in my arms. I am sharing my personal story to inspire and empower my fellow tribal brothers, as young men, spanning across from the place of tragedy I was in to where I am today. I wanted to share with you, to reach across the page, inspire you, and to reach my voice out to include yours.

The essentials aren’t important, but it is the same issues all of us in relationships face today. When I was a teenager, I got cheated on, and it changed me in future relationships in issues of trust. Issues of jealousy, of control, of other issues, that I admit I had problems with as well.

We both brought baggage, and it destroyed my relationship with my significant other. My relationship ended and I took the pain, the suffering that inevitably comes with utter heart-break, and the destruction of my deepest dreams, of a home, of a family, of all the manifestations of true spiritual prosperity. So I took these lemons, and I did everything I could to stay away from what I knew was bad for me. I didn’t wrap myself in a bottle. I didn’t do drugs. I focused on my own childhood issues, and my future, so I could truly love myself enough to maybe someday have a healthy relationship.

Most of all, it was through the daily monitoring in the first few weeks, and every day hereafter, by my neighbor, youth counselor for U.N.I.T.Y., SleepyEye LaFromBois, Sioux, also my adopted brother through the “adoptive” attitudes of kinship created in the fellowship of the Native American Church. My brother’s help was God’s help through his hands, as he actively counseled me and encouraged me and uplifted me daily. Man to man, he showed me any attitudes and behaviors in relation to my ex, to establish healthy boundaries, building and healing myself from dealing with a toxic relationship. Through this solid support, it was the only way I could deal internally, and yet to be there for my sons. After the worst of heartache, I picked myself up, and I was going on with my life to work on my own happiness.

My main commitment was to my two sons, Winterhawk (7) and Oh-Hah-Moe. (5). My son, Winterhawk’s Indian name is “Sauh Cgutoh”, or, Winterhawk in Kiowa. My son, Oh-Hah-Moe’s name is also his name, translated as Yellow hand in Shoshone.

Because we were both finishing our last graduate school semester at OU, we did all we could to “nest”, while we remained separated, but still engage each other in everyday activities, for the sake of our sons. So, we did. No matter how painful, your life totally changes to focus on your children when you become a parent, and heartache is one thing, but, doing all I could to be emotionally mature about it, my love for my kids outweighed my own needs. What happened though was all too painful, being close to your significant other post-separation.

So in May upon completing my Master’s degree I moved out. We agreed to always share the kids and never involve legal stuff in our lives. We thought with no drama it would be better. I moved to the four corners area, but my ex followed me a few days later, asking to reconcile at my eldest brother’s

Sundance lodge, as well so I could watch the boys while she tried to finish her thesis for her master’s degree. This was the same lodge where, years before I had agreed to pay so many peyote fans to her adopted dad for her hand. I took care of my sons through the summer, took them river rafting, and had the most awesome summer a kid could have. But when the end of summertime had came, and I moved them back to Norman, Okla. for her to start back for her PhD.

I was told I could remain, only as a babysitter. I could be a doormat no longer, I had been separated from her for what had been ongoing issues for years, I had cried my last tear months ago. I left, to get geographically separate from her, because I realized she would never let me get away. I moved, and truly, sincerely worked on myself in the mountains of California, where my father lives. Through our ways, what my eldest brother said, meditating in the sheer wilderness brings about healing by truly facing yourself in the darkness, in the light. So I did. Then I worked from my dad’s studio, working on preliminary grants available for our people, and also spending time perfecting my feather working art into mastery and healing myself through our traditional ways. I was sweat lodging all the time, sometimes three times a week, living good and eating nothing but organic food. I lost my weight and exercised and picked up more good habits. I took counseling and researched online about healthy relationship building.

I started professionally networking from the Bay area to Hawaii. I realized as a young tribal member, there was a lot of ways I could help the tribes, through cultural exchange with the island. I was doing all I could to land on my feet. I got invited to Hawaii to network. Through this whole time, I called my boys every day. I promised them I would be home Dec. 17. By invitation from one of my long time friends who lived on the islands, I went and flew out to the big island to continue networking. There I was immersed in the beauty, the wilderness of the islands, and the tropical nature of the island’s soul.

A few days before Thanksgiving, my calls quit being accepted when I would call, nightly. After Thanksgiving, I got a facebook message about how my ex-wife had heard I had “moved on” and had started dating again. Since then, I wasn’t allowed to talk to “her kids”.

I flew back on Dec. 17, and brought all the Christmas presents I had got with my father’s money for my children. It was the saddest Christmas ever. My kids had become pawns used against me to hurt me for dating another woman. Then when one of my dearest uncles who raised me, passed away from complications without getting his wish of seeing my kids and I, it hurt me to no end, as my aunt buried him on our shared birthday, March 25, without my kids’ words blessing the ears of their grandpa before he passed.

Since then, I have become embroiled in legal actions, and still haven’t seen them. The saddest part of this was when I was accused of being a child abuser, a wife beater, and the most degenerate things in my eyes. I do all I can to raise my sons right.

In short, the courts, the law, everything seemed stacked for



Submitted photos
Abraham Pedro’s sons, Winterhawk, 7 (l) and Oh-Hah-Moe, 5 (r).

women and against the man. Don’t get me wrong, there are a lot of men out there who do mistreat and abuse women, but a woman can abuse a man just the same. If a woman accuses a man loud enough to all the authorities, they can manipulate the courts to come down harshly on a man. The system can be easily misused to keep good fathers away from their children by criminalizing them.

A lot of fathers are like me, especially in the tribe, where we are deathly scared of “white man’s” authority, of courts, of the law, of anything to do with facing their ex. It takes a lot to get a man to stand up and fight for his kids, but I feel we need strong encouragement in our tribal men nowadays, since we are being institutionally discriminated against.

Honestly, it’s the hardest thing I’ve ever done, literally shaking in my boots all day in court. I sold my car to garner legal fees, I don’t care if I am carless, I’ll do all I can for my sons.

I am starting a group, a Father’s Advocacy group for our tribal youth, for our young men, to know what to do to get the encouragement and empowerment in these situations.

Through all these trials and tribulations I want to thank the innumerable men, my brothers, uncles, grandparents who have shared their own hidden struggles in their life with me in these regards. I’ll never give up on my boys, and I want to share the same encouragement I had, and hear other’s stories of what they have done.

I’m still fighting to see my boys, and I need all the help and encouragement we can share together in empowering our people. So, please, come to my Father’s Rights advocacy page on Facebook and hit like.

Scholars find cannibalism at Jamestown Settlement

Scientists revealed Wednesday that they have found the first solid archaeological evidence that some of the earliest American colonists at Jamestown, Va., survived harsh conditions by turning to cannibalism.

For years, there have been tales of people in the first permanent English settlement in America eating dogs, cats, rats, mice, snakes and shoe leather to stave off starvation. There were also written accounts of settlers eating their own dead, but archaeologists had been skeptical of those stories.

But now, the Smithsonian’s National Museum of Natural History and archaeologists from Jamestown are announcing the discovery of the bones of a 14-year-old girl that show clear signs that she was cannibalized. Evidence indicates clumsy chops to the body and head of the girl, who appears to have already been dead at the time.

Smithsonian forensic anthropologist Douglas Owsley said the human remains date back to a deadly winter known as the “starving time” in Jamestown from 1609 to 1610. Hundreds died during the period. Scientists have said the settlers likely arrived during the worst drought in 800 years, bringing severe food shortages for the 6,000 people who lived at Jamestown between 1607 and 1625.

The historical record is chilling. Early Jamestown colony leader George Percy wrote of a “world of miseries,” that included digging up corpses from their graves to eat when there was nothing else. “Nothing was spared to maintain life,” he wrote.

In one case, a man killed, “salted,” and began eating his pregnant wife. Both Percy and Capt. John Smith, the colony’s most famous leader, documented the account in their writings. The man was later executed.

“One amongst the rest did kill his wife, powdered her, and had eaten part of her before it was known, for which he was executed, as he well deserved,” Smith wrote. “Now whether she was better roasted, boiled or carbonado’d (barbecued), I know not, but of such a dish as powdered wife I never heard of.”

Archaeologists at Jamestown and Colonial Williamsburg in Virginia were somewhat skeptical of the stories of cannibalism in the past because there was no solid proof, until now.

“Historians have questioned, well did it happen or not happen?” Owsley said. “And this is very convincing evidence that it did.”

Owsley has been working with William Kelso, the chief archaeologist at Jamestown, since their first burial discovery in 1996.

Owsley, who has also done forensic analysis for police investigations, examined the girl’s remains and how the body had been dismembered, including chops to the front and back of the head. The girl was likely already dead at the time. There was a cultural stigma against killing someone for food.

But it was clear to Owsley immediately that there were signs of cannibalism.

“This does represent a clear case of dismemberment of the body and removing of tissues for consumption,” he said.

It was the work of someone not skilled at butchering, Owsley said, indicating a sense of desperation.

The bones show a bizarre attempt to open the skull, he said. Animal brains and facial tissue were desirable meat in the 17th century.

The archaeologists are publishing their findings in a new book but decided against waiting to announce the discovery.

The human skull will be placed on display at Jamestown, and a sign will warn visitors of the room’s content. At the Smithsonian, curators will display a computer-generated reconstruction of the girl’s face in an exhibit about life at Jamestown.

Owsley said archaeology is helping to fill in details from a time when few records were kept, details that won’t likely be found in history books.

Kelso, whose archaeology team discovered the bones, said the girl’s bones will be displayed to help tell a story, not to be a spectacle. Through the remains, scientists traced her likely origin to the coast of Southern England.

“We found her in a trash dump, unceremoniously trashed and cannibalized, and now her story can be told,” Kelso said. “People will be able to empathize with the time and history and think to themselves, as I do: What would I do to stay alive?”

At Jamestown, officials removed a large tarp covering the site where the remains were found for visitors to see. Tourists were told Wednesday of the discovery.

“Oh, wow,” said Kim Reyes,

By Brett Zongker, Associated Press

who was on a field trip escorting fourth grade students from Alexandria, Va. “We all know the harsh conditions they were here in, but I didn’t think it was that bad.”

Pam Nagle’s mouth dropped when she heard the announcement. The Charlottesville, Va., resident was visiting Jamestown with her children, ages 7 and 10, and her in-laws. Nagle said she had never heard any mention of cannibalism at Jamestown before.

“I was really curious whether it was pre- or post-mortem. I was really glad he said post-mortem,” she said. “There was a level of desperation, but maybe perhaps it wasn’t as severe as it could’ve been.”

The remains of the 14-year-old girl, named “Jane” by researchers, were discovered in the summer of 2012 and mark the fourth set of human remains uncovered at Jamestown outside of graves. Her remains were found in a cellar at the site that had been filled with trash, including bones of horses and other animals consumed in desperation, according to archaeologists.

The discovery detracts from the happier mythology of John Smith and Pocahontas that many associate with Jamestown. The vice president of research at nearby Colonial Williamsburg, which oversees excavations of the original Jamestown site, said visitors will have a fuller view of a terrible time in early American history.

“I think we are better served by understanding history, warts and all, because I think it gives us a better understanding of who we are as a people,” James Horn said.

Thunderbird Youth Academy

Thunderbird Youth Academy (TYA) is currently accepting applications for Class 41 beginning on July 14, 2013.

This is a free program operated by the Oklahoma Military Department and is located in Pryor, Okla.

TYA is part of the National Guard Youth Challenge programs, currently operating in 30 states. The program offers a residential setting that focuses on the needs of at risk male and female youth ages 16-18.

While attending the program, youth attend GED classes, can qualify for E2020 high school recovery classes, receive instruction in self-discipline, respect, social skills, citizenship, health and hygiene and physical fitness.

Before graduating, the cadets are given assistance in finding a placement, such as employment, military service, or returning to school. The program has a 76 percent placement rate for the post-residential phase.

One of the secrets for the success of the program is mentoring. Each youth is required to have at least one adult who volunteers to become their mentor for the duration of the residential phase (22 weeks) and one year post-residential phase of the program. This individual provides support and guidance for the youth they will need once they graduate. If interested in becoming a mentor for one of our youth, please contact Vicki Smiddy at (918) 824-4853.

For more information on the program, please visit www.thunderbird.org or call (918) 824-4809.

Native Americans begin 272-mile walk/run to protest water theft scheme

By Confederated Tribes of the Goshute

On Saturday, May 4, 2013, approximately 70 Native Americans representing the Confederated Tribes of the Goshute Reservation, Wells Colony, Elko/TeMoke Tribe, Battle Mountain and Yomba Shoshone along with tribal members from the Northern Ute, Cheyenne and Arapaho, Navajo, Cherokee and non-Natives begin a walk/run from Wells, Nev. towards Caliente, Nev., a distance of approximately 272 miles.

After a blessing and prayer for the water, the group began the long trek walking and running on U.S. 93 towards Ely, Nev.

The walk/run is to bring attention to the proposed Southern Nevada Water Authority's (SNWA) alleged water theft from northeastern Nevada and for prayers to save the sacred water for the children not yet born, the animals, plants, protection of traditional medicine, traditional food and ceremonial places.

Along the route Willows will be planted with prayers for the water. Camp is set up



Courtesy photo
Cheyenne and Arapaho tribal member, Phyllis Naranjo, (front right) joins the walk to bring awareness of Nevada's alleged water theft.

each evening along the side of the road.

As of Monday, May 6, the group had reached the junction of U.S. 93 and 93A, a distance of approximately 79 miles.

IHS provides safe drinking water and wastewater facilities to native American homes and communities

OKLAHOMA CITY-Safe and adequate water supply and/or wastewater disposal facilities are lacking in approximately 12 percent of Native American and Alaska Native homes, in comparison to less than 1 percent of homes for the general U.S. population.

Safe sanitation facilities can improve public health in many ways, including lowering the incidences of gastrointestinal disease and infant mortality. Through recently improved coordination between several federal agencies, access to funding that can increase the means to provide these services has been greatly improved.

The Indian Sanitation Facilities Act, P.L. 86-121, authorizes the Indian Health Service (IHS) to provide essential sanitation facilities, such as safe drinking water and adequate sewage systems, to Native American and Alaska Native homes.

The IHS works in partnership with tribal communities to provide a comprehensive health system for approximately 2.1 million Native American and Alaska Natives, who are members of 566 federally recognized tribes, to provide these services. The Oklahoma City Area office (OCAO) of the IHS

Sanitation Facility Construction (SFC) program oversees this program to an estimated population of one hundred fifty thousand Native American and Alaska Natives, by working with the 39 tribes and tribal organizations within the OCAO. This area includes parts of Texas, all of Oklahoma, and portions of Kansas and Nebraska. The SFC program is able to assist Native homeowners by providing water and wastewater services to new or like new homes and by providing necessary water and sewer repairs to existing homes.

To qualify for this program the following criteria must be met. The homeowner must be a registered member of a federally recognized Native American tribe or Alaska Native village.

The home and land must be owned or under contract for purchase by a federally recognized tribal entity.

The home must be a new or like new, HIP, existing homes.

To apply for these services, contact the Clinton IHSOEHE field office at (580) 331-3492 or for additional information call (405) 951-3739.

Pathkeepers for Indigenous Knowledge hosts Native Youth Culture Camp

The Pathkeepers Native Youth Culture Camp (PNYCC) will be held July 21-27, 2013 at the Woods Edge Farm in Culpepper, VA.

The camp will provide Native boys and girls with opportunities to experience traditional and cultural activities, identify healthy and sustainable food, life choices, and explore their personal interests and tribal identity.

Through these opportunities, we hope to build Native youth's self esteem, leadership and consensus skills, education goals and health

and wellness.

The camp will be held on a horse farm in Culpepper, VA and is an overnight camp. Campers must be between the ages of 11-16 and must be enrolled in their tribe or show direct descendant proof of any American tribe.

Food offered at the camp will be all-natural, healthy and nutritious with emphasis on traditional foods. Campers will be able to take home the results of many activities, like herbal salves, jewelry, canned food, artwork, beadwork, poetry, and more.

Instructors will be Native elders and community members.

The camp will also include a field trip to Washington D.C. to tour and meet with federal agencies, Congressional members and staff, White House officials, visit museums and other significant sites related to Indian affairs.

There is no cost to attend the camp. For more information PNYCC and other upcoming programs visit www.pathkeepers.org, email info@pathkeepers.org or call (202) 957-2696.

Sexual assault

Submitted by the Domestic Violence program

Sexual assault is a wide range of unwanted sexual contacts that many people experience in our definition of these words. Sexual assault can include child sexual abuse, rape, attempted rape, incest, exhibitionism, voyeurism, obscene phone calls, fondling, and sexual harassment.

Another definition for sexual assault is abuse ... any type of sexual activity that you do not agree to, including:

- inappropriate touching, vaginal, anal, or oral penetration, sexual intercourse that you say no to, attempted rape, child molestation.

Sexual assault can be verbal, visual, or anything that forces a person to join in unwanted sexual contact or attention. It can happen anywhere or in different situations, such as, in your home by someone you know, on a date, or even by a stranger in an isolated area. While sexual assault can take many forms, it is important to remember that the loss of power and control that a victim of sexual assault experiences is a common trait.

Rape is any sexual intercourse with a person without their consent and also is an act of violence that uses sex as a weapon. Rape is a common form of sexual assault. It happens in many situations, on a date, by a friend or an acquaintance, when you think you are alone, or even a stranger. Eighty-four percent of rapes happen among people who know one another. Most victims are raped by someone they know, trust, or love. Rape can even occur in a marriage.

There are many types of sexual assault and it is important that you understand the concept and difference between them. Get-



ting raped or sexually assaulted is never planned and many victims often experience a number of common effects from this tragedy; such as, flashbacks, nightmares, difficulty falling or staying asleep, anger, rage, rebellion, difficulty concentrating, hypervigilance, anxiety and panic, self-blame, guilt, shame, or even physical symptoms and health problems.

Ask yourself, "How can I help someone who has been sexually assaulted?"

You can help in many ways. You could start by listening or offering comfort to the victim. Do not tell them what to do, but offer to go with her to the police, hospital, or counseling. Inform them it is not their fault for what has happened to them. Offer to take them to a place where they could get help, but only if the help is wanted. The only way a victim will regain the power back they once had, is to make the decisions for themselves.

If you or anyone you know or suspect is a victim of sexual assault and is an enrolled female tribal member at the Cheyenne and Arapaho tribes, please call (405) 201-8295 or anyone can contact the National Sexual Assault Hotline (800) 799-SAFE. We will be glad to assist you; confidentiality laws are strictly enforced.

Oklahoma 2013 Campmeeting

Isaiah 60 1-5

May 28 - June 1, 2013

Cheyenne - Arapaho Community Center Clinton, Oklahoma

Schedule Speakers

5.28 John Franklin, Kenel, SD
Delfred White Crow, OK

5.29 Nanci Des Gerlaise, Canada
Belle Harjo, OK

5.30 Bobby Leger, DeRidder, LA
Randy Wade, OK

5.31 Jonathan Johnson, NM
Robert Lay, OK

6.1 Ron Harvey, Navajo Nation
Al Pulver, OK

Worship Ministry

**New Creations, Breaking the Silence,
Kingdom Messengers, In His Gates,
Champions for Christ, Young Brave,
Visionary, Sonny Yeahpah**

United Tribes for Christ Fellowship
ph 405-312-4014
utccf@att.net

John Franklin

Bobby Leger

Jonathan Johnson

Ron Harvey

THE ADVENTURES GOVETSE & KOO'OH

HERE'S WHAT GOVETSE ("GO VITS"; FUNNY MAN) AND KOO'OH ("KAW AW"; COYOTE) SAID:
CHEYENNE: NA-PHEVE-EXO'EETAHE (NA PIVI | KHO'I DA) = I ACCOMPLISHED SOMETHING GOOD; NA-HAATAMAAHE (NA HA DA MA) = I'M SMART (CAN ALSO MEAN POWERFUL OR GREAT)
ARAPAHO: NIHNIITTOONOO (NIH NIH'IT AW NAW) = I DID A GOOD THING; HEE'EIHINOO (HAH AY HIN AW) = I'M SMART

GRADUATION DAY!

MORE ADVENTURES OF.....
GOVETSE & KOO'OH
COMING SOON!!!

Journey of recovery

continued from page 1

to have the potential to do great things. Throughout his life he played sports, he had a talent for art and always seemed to have a smile on his face ... no matter what,” David said as he sat looking at a basketball poster of Derrick across the room. “I cry everyday because instead of me being a parent I was trying to be his friend, condoning drinking, contributing to his drinking and now I have to live with the regret and guilt I now have for the rest of my life.”

The day began with David and Derrick, “just hanging out. His best friend he had known since head start days was coming over and Derrick’s girlfriend. I was still feeling so guilty because I had missed his graduation on Friday night ... I had attended all of my other kids graduations and I had every intention of going to Derrick’s, but then I opened my fridge about noon that Friday and there sat a 12-pack of beer,” David said. “It was not unusual to not remember something being in the fridge ... by the time 5 o’clock rolled around I was wasted and I missed his graduation. I will never be able to make it up to him, ever. When I told Derrick how sorry I was for missing it he just patted me on the shoulder and said, ‘don’t worry about it dad, we took pictures.’”

When Derrick’s friend (whose name will remain anonymous) arrived, David said he apologized to him, too for missing both their graduations. Derrick’s friend said he would buy me a cigar if I went and got them some Hurricanes.

“You didn’t have to ask me twice, you know. I hadn’t drank on Saturday because I was still hung over from Friday night and I felt so bad about missing Derrick’s graduation ... I just didn’t want to drink, but by the time Sunday came I was feeling better and I thought why not. I think the withdrawals were kicking in so I went and got us some Hurricanes. I know people that know me would say that was right down my alley when a drink was involved,” David said struggling to get the words out to finish his account of that tragic day. “I chose to buy those boys a few Hurricanes to get started, I really wasn’t a big fan of beer but being a Sunday, the liquor store was closed and we sat there drinking, listening to music and the alcohol began to set in, a buzz was starting to take over so all my guilt feelings about missing graduation started to fade away and the alcohol took over. After drinking those I thought Derrick and his friend were finished, but then Derrick’s friend left to run to Tulsa for something and Derrick asked me if I would go to the store and get a few more Hurricanes while he jumped in the shower. His girlfriend was coming, so me, being the alcoholic I was, off I went.”

David faltered, tears running down his face, as he shared memories of how the day unfolded.

“Derrick and I sat on the porch like we always had before and listened to some music, that was something he and I liked to do. I would mention to him about some music from back in the day and he would surprise me by playing the music and he would say to me, ‘what cha’ know about this,’ as the music played and me being the older one I would say back to him, ‘man, you don’t know nothing about that,’ ... these are some of the things I miss about my son. By that time Derrick’s girlfriend had arrived and we just sat and laughed, and of course drinking all the while. After a bit Derrick’s girlfriend took me so I could buy a 30-pack and when we got back Derrick said his friend was on his way back and instead of sitting at the house drinking, like I thought we were all going to do, they had decided to go out to the lake and drink,” David said. “Derrick’s girlfriend didn’t drink, so she was supposed to be the designated driver ... in the end that’s not the way it happened.”

As the day wore on and became evening David said they had gone through the first 30-pack and had started on their second one. When they loaded into Derrick’s friend’s pickup to leave the lake, Derrick’s girlfriend said, “I thought I was

supposed to drive.”

“I remember the look on her face when Derrick told her his friend was cool to drive ... I was sitting in the back seat behind Derrick and she was sitting next to me behind the driver’s seat and I will never forget the look on her face. We left the lake and the roads out there have a lot of dangerous curves and we start back going east, picking up speed and before I knew it all I could hear were the sounds of metal scraping and limbs slapping the truck,” David said as he closed his eyes, shaking his head back and forth as if it was happening all over again. “I tried not to panic when I came to, the truck was laying on its side with the passenger side down. I heard Derrick’s friend asking if we were okay and somehow he had gotten out of the truck. I told him to try and get Derrick’s girlfriend out ... there was blood pouring from my head somewhere ... I reached around to the front and felt Derrick’s stomach, like I felt his stomach moving, so I groped around for his arm to see if I could find a pulse, I didn’t feel a pulse, but I know his stomach was moving. I yelled for his friend to kick out the front windshield so I could crawl out and in doing so I had to crawl over Derrick ... I couldn’t see his head, only his chest and his legs.”

David had to stop here, crying uncontrollably, he took some deep breaths willing himself to finish the story.

“I knew we needed to try and get Derrick out ... I think shock was setting in ... his friend and I tried and tried to lift that truck off of him, but we couldn’t. We just couldn’t ... I started to yell, ‘Derrick please hold on, just hold on son ... I’m sorry, I’m sorry, I’m sorry.’ I fell to my knees begging for help begging for Derrick to hold on,” David whispered through the tears falling from his face. “There must have been someone behind us because the EMTs were there pretty quick ... I was life flighted to Tulsa and I don’t really remember much else after that. I came to in the hospital ... there were so many bad choices that day. There I was trying to be Derrick’s friend, and if I had been a friend I would have said, ‘don’t get into that truck,’ or if I had been a dad I would have said, ‘no son please don’t get in that car,’ ... if I had been a dad I wouldn’t have bought that little boy some beer. I have made so many mistakes ... I can’t handle alcohol, I can’t ‘drink with the best of them,’ so how did I think an 18 year old kid could drink like a grown up would do ... so many bad mistakes ... its not possible.”

Faltering again David took in another deep breath, exhaled and looked straight ahead.

“I got out of the hospital a day before Derrick’s funeral, I knew everyone was mad at me, blaming me and rightly so. I failed my family and I understand why they couldn’t be there for me while I was in the hospital ... I understand so much more now than I ever have before,” David said. “There is always somebody out there praying for you, you know, interceding for you on your behalf and when you think you are all alone you’re not. The things you do affect a whole range of people. What I done is I bought beer for young kids, what I done was I cost my son his life, I cost his best friend years of his life because he was sent to prison and what I done was cost Derrick’s young girlfriend mental anguish beyond words ... she was just an innocent little girl.”

David said there were hundreds of people at Derrick’s funeral and he would forever be grateful to the Cheyenne and Arapaho tribes for taking care of the whole funeral.

“I hold myself accountable, you know I served some time, but it didn’t matter, they could have given me a 100 years and it wouldn’t be enough. I will always be accountable. When I go and share this story with kids, with parents, I do this to try and save one life, just one life and to try and turn this around ... to do something right,” David said as he reached up and grabbed hold of a white cross. Draped around the cross is a piece of barbwire and there are three



Submitted photos

Above is Derrick Deere’s graduation photo, May 2010. Below David and Derrick Deere share a father/son moment on the night of Derrick’s prom.



names on it.

“When I talk I bring this cross I made, it has barb wire around it from the accident and I have written Derrick’s name on it. There are a couple of other names on it from other victims and I tell these kids, these parents, if you are going to leave here and drink and drive, then just come on up here and write you name on this cross because you are going to die ... drinking and driving will kill you or you will kill someone else.”

David continues his journey of sobriety today, and as part of that journey he travels wherever he can to share his story, in his words, “to save just one life.”

To hear David’s full story and schedule a speaking engagement call (918) 321-2433.

Facebook page has been created in loving memory of Derrick Craig Deere. To view visit www.facebook.com/derrick.c.deere.

Diabetes Wellness program receives grant

Submitted article

The Cheyenne and Arapaho tribes’ Diabetes Wellness Program will be funded through the Indian Health Service Special Diabetes Program for Indians (SDPI) Community-Directed Grant Program April 1, 2013 through March 31, 2014, in the amount of \$622,071. This grant does not require a match from the tribes.

The Diabetes Wellness program’s mission is to promote health and wellness among Cheyenne and Arapaho communities within a ten county area, to educate tribal members in the prevention of diabetes, empower diabetic patients to cope with the complications of diabetes and provide support for healthy lifestyle choices.

The Diabetes Wellness Program received final approval for the Cycle 3 SDPI Grant Application Year 16 on April 29, 2013. The Cheyenne and Arapaho Tribes SDPI Program target population is for enrolled Cheyenne and Arapaho tribal members or members of a federally recognized tribe that resides within the ten county Cheyenne and Arapaho service area.

Services that are provided include, but not limited, are case-management for diabetics, development and implementation of diabetes education to newly diagnosed diabetics, providing

Medical Nutrition Therapy (MNT) by the program’s dietician and a working relationship with the Indian Health Service (IHS) Clinton Service Unit to provide this as well.

A tribal eyeglass program that provides eyeglasses to diabetics who receive a current prescription has also been developed. The diabetes program can pay up to \$100 per person diagnosed with diabetes once per year. The optometry technician will refer the client to other resources to help with payment of glasses if needed. The program provides diabetic eye care education (risk-factors, complications, and retinal-neuropathy). The Cheyenne and Arapaho tribes’ Community Health Nurse also works with the Clinton Service Unit in a referral process to provide case-management services to diabetics who meet the criteria for patients with End Stage Renal Disease (ERSD) utilizing the Community Health Nurse, whose position is also funded with SDPI funds to work with clients to prevent further complications.

Other services include prevention activities that have been instituted within school systems to address obesity and those at-risk for overweight as well as diabetes. School health screenings are done at the beginning and end

of each school year for our local and rural schools. There are also programs set up to address the nutrition education for the Cheyenne and Arapaho Child Development program and the head start centers. Structured physical activities led by qualified tribal fitness specialists are also in place and are currently working with school officials to address the need for more physical fitness.

Cheyenne and Arapaho people living with diabetes have special issues with their feet as with any other diabetic in the United States. Diabetes can cause nerve damage that reduces sensation in the feet and blood flow to the feet and legs. This can make it harder for open wounds to heal. For these reasons, foot care is an essential element of our diabetes program. Within the past grant year we have serviced numerous Cheyenne and Arapaho elders and youth living with diabetes and provided Nike N7s and or Apex diabetic shoes.

The Durable Medical Equipment Program (DMEP) provides glucose monitors, rollators, walkers, crutches, shower chairs, wheelchairs, canes, blood pressure monitors, for tribal members who have a prescription, are in need and do not qualify for financial assistance from other organizations

and programs.

The Diabetes Wellness Center also provides buffalo meat to tribal elders and diagnosed diabetic clients to highlight the nutritional and cultural benefits of a traditional diet.

The goal for the Cheyenne and Arapaho tribes Diabetes Wellness Program is to prevent or delay diabetes, promote daily activity and to delay the risk of diabetes complications.

Contact person(s) name, phone number for tribal members to contact to apply for services and or program information are:

<i>Program Director/Coordinator</i>	
Gloria Bellymule-Zuniga	422-7679
<i>Community Health Nurse</i>	
Roberta Hamilton	422-7623
<i>Dietitian</i>	
Tara Conway	422-7685
<i>Administrative Assistant</i>	
Anna Old Bear	422-7723
<i>Data Entry Clerk</i>	
Marvina Black	422-7458
<i>Office Assistant</i>	
LaVada Gould	422-7688
<i>Optometry Technician</i>	
Yolanda Van Hook	422-7530
<i>Lifestyle Management Coach</i>	
Heather Whitethunder	422-7747

Graduation celebration

continued from page 1

times young people may experience in life,” Dru expressed. “All that needs to be done is just learn management, manage money and never give up and always look to the future and just don’t give up.”

One college graduate, Kenneth Cross stated that without grants he would not have been able to complete his higher education.

“Without the support of my family I would probably still be working in hard labor,” Cross said. “My advice for the high school graduates here tonight ... enjoy it while you can and get as much education as you can, it may seem like a long time, but you can get through it.”

After Dru was honored with a Pendleton blanket by Teresa Dorsett, executive director of the Cheyenne and Arapaho tribes Education, she along with Barresi proceeded with presenting the graduates with keepsakes, \$150 award and presented the

graduates with certificates at the close of the ceremony.

Aaron Van Hook, high school graduate from El Reno said he is looking forward to his time at Tabor College in Hillsboro, KS and hopes to be playing professional football in ten years.

“I will hopefully be playing football in ten years in the pros. I earned a scholarship to play football and will be going to Tabor,” Van Hook smiled. “I feel like such a success to



Photo by Rebecka Lyman

Dr. Janet Barresi presents college graduate, Amick Birdshead, with a certificate at the 2013 Cheyenne and Arapaho graduation banquet at the Frisco Center in Clinton, Okla.

Pictured l-r: Amick Birdshead, Wanda Whiteman, higher education, Teresa Dorsett, education executive director and Dr. Janet Barresi.

be graduating from high school, but I am also looking forward to starting college.”

Cheyenne and Arapaho Housing Authority expands homebuyer education

The Cheyenne-Arapaho Housing Authority is in the process of expanding its homebuyer education through educational outreach workshops.

Housing will be applying for a U.S Department of Health and Human Services, Administration for Native Americans, Social and Economic Development Strategies grant that will be for our homeowners. This particular grant will focus on hands-on-training for small home repairs.

We will instruct capable trainees on plumbing, weatherizing, sheetrock repair, and other simple home maintenance problems that occur. An example of what we will do is construct a mockup of a kitchen sink, and will instruct how to change your faucet, show you how to repair small water leaks, or take off the p-trap to get the sink unclogged. Why pay a plumber out of your pocket, or use your MEPA, when you or another family member can do the repairs?

We know that many of our homeowners are capable of a hands-on approach.

We will offer incentives

to attend these workshops, but we need commitments and support from homeowners who would like to attend.

These workshops will be at various times and on weekends so our employed homeowners can schedule a time to attend. We understand some elders and the handicap may not be able to attend these, but maybe another able family member can.

Purchasing a home is a major decision and taking care of it never ceases. If you look at a home like a car, when your car breaks down, you get it fixed because you need it. The same goes for a home. When your home needs repairs it needs to be fixed, because this is your home and your family needs it.

Housing looks forward to educating and instructing our homeowners to become more independent and self-sufficient. We will be mailing letters to all of our homeowners to seek commitments and support for the grant application. Time is a factor for these support letters and deadline for the grant is June 6, 2013.

Cheyenne-Arapaho Housing Authority Waiting List Report Mutual Help

The following applicants need to complete an Update Form by **May 31, 2013**.

If an update form is not received by this date, the applicant will be removed from the Mutual Help Waiting List for failure to update. No exceptions will be made.

The update form is available on the tribal Website, www.c-a-tribes.org under Programs-Housing Authority. For questions or more information please contact the Occupancy Specialist at (580) 331-2400.

Applicants that need to update are Louis Glover III, Beverly Jaquez, Miles Osage, Monica Perry and Mary Wilson.

7 Year Anniversary

Family Night Carnival

Thursday, May 30, 2013
Concho Ball Fields
6:00 p.m. to 9:00 p.m.
Volunteers Welcome!

Games Prize Drawings Inflatables
Petting Zoo Food Pony Rides

For Information or to Volunteer, please call 1.800.247.4612 Ext. 27585 or 27570

Coyote Thoughts: Beating Yourself Up

By Beau Washington

A buddy of mine and I were watching baseball on TV. One of the players made an error and we could see him looking cranked off at his mistake, appearing to be talking to himself.

I said, “Look, he is beating himself up.” My buddy responded, “He should be, he screwed-up.”

A little time went by and my friend asked, “Don’t you think it is important to beat yourself up when you make a mistake?”

That is a simple, yet big question with an answer that deserves an “it all depends,” answer. If you are a bully, scoundrel or a jerk, darn right you should mentally beat yourself up. However, since you are reading this column I am guessing that you are not any of those but a good person.

When a person makes a mistake on something they are trained to do, they can learn from the mistake then do better and move on, or they can allow the mistake to begin to erode their confidence. Detrimental Trickster thoughts then sneak in, fortune telling thoughts say, “We won’t beat this team; our streak is over; I can’t hit against this guy, he is too good; I might miss a catch; I hope I don’t screw up.”

Labeling thoughts beat one’s self up, “I sure blew that catch, I am so stupid; the other players think I am a loser; everybody watched me screw up and think I suck.”

Catastrophizing thoughts, “The coach is going to yell at me; I will lose my place as a starter; this team will beat us in the playoffs.”

These thoughts all lead to frustration and the sinking feeling that keeps a person from playing their best.

I know that we ‘do better’ when we are not beating ourselves up when we need to focus. Beating ourselves up divides our attention. Negativity is contagious. Consequently, others on

the team may begin to have Trickster Thoughts and fans say, “They did not deserve to win. They beat themselves in that game.”

Sure we all make mistakes, but now I understand the dynamics of how our thoughts interact with what we do. The mistakes are caused by mental errors. Yup, Trickster Thoughts play havoc with our physical ability.

Let’s say we compare the stats of two teams, one turns out to have 10 percent better overall stats than the other. Let’s also say that they play the same opposing teams through the season. If we plug the stats into a computer and let the program consider the stats without other variables, the better team would win every time. However, teams aren’t computer programs and other variables are at play

Some variables we can control, like time at practice, diet, fitness, rest, player positions, batting order and player’s baseball IQ. Other variables we cannot control like weather and umpires.

Trickster Thoughts lose games. They are one variable we can learn to control.

Just as in sports, in life, Trickster Thoughts tell us things that decrease our ability to play the ‘Game of Life’. Generally we don’t need to beat ourselves up with thoughts that are not accurate. Everyone makes mistakes from time to time.

The Tricksters are poisonous thoughts, wanting us to focus on what we do wrong and forgetting everything we do right. In reality, each of us does so many things right each and every day that the wrong things we do don’t even add up to one percent. Really!

Recognizing and replacing Trickster Thoughts with Healing Thoughts of the many things we do right will increase our satisfaction with life, they help us learn from our mistakes and move on.

Firecracker Casserole Cooking with USDA Foods

Furnished by the
C&A Food Distribution Program

2 lbs ground beef
1 medium onion chopped
1 (15oz) can black beans, rinsed & drained
1 to 2 tablespoons chili powder
2 to 3 teaspoons ground cumin
½ teaspoon salt
4 (6-inch) flour tortillas
1 (10 oz) can condensed cream of mushroom soup, (undiluted)
1 (10 oz) can diced tomatoes, undrained
1 small can green chilies, undrained

1 cup or 4 oz shredded cheese
Directions:
In a large skillet, cook beef and onion until the meat is no longer pink; drain. Add the beans, chili powder, cumin and salt.
Transfer to a greased 13-in x 9-in. baking dish. Arrange tortillas over the top. Combine soup, tomatoes, and green chilies; pour over tortillas. Sprinkle with cheese.
Bake, uncovered, at 350 for 25-30 minutes or until heated through.



BRIEFS

The sixth annual Energy Projects in India Country Conference

May 20-21, 2013 at the Cosmopolitan in Las Vegas, Nev. For more information or to register visit www.nativenationevents.org.

Native American Indian Housing Council 39th annual Convention and Tradeshow

May 21-23, 2013 at the Sheraton Chicago Hotel and Towers in Chicago, IL. For more information or to register visit www.nativenationevents.org.

ter visit www.ncai.org.

Robert’s Rules of Order for the Tribal Recording Secretary

May 22-24, 2013 at the Westin in Las Vegas, Nev. For more information visit www.falmouthinstitute.com.

The second annual Native American Diabetes and Wound Care Conference

June 10-11, 2013 at the La Costa Resort and Spa in Carlsbad, Calif. For more information visit www.nativenationevents.org.

Developing Tribal Travel Policies Using IRS and OMB Guidelines

June 17-18, 2013 at the Embassy Suites in Las Vegas, Nev. For more information visit www.falmouthinstitute.com.

National Indian Health Board Tribal Public Health Summit

June 17-19, 2013 at the Seminole Hard Rock Hotel and Casino in Hollywood, Fla. For more information visit www.ncai.org.

National Reservation Economic Summit

June 17-19, 2013 at the Pechanga Resort and Casino in Temecula, Calif. For more information visit www.ncai.org.

BIA Tribal Court Trial Advocacy Training Program

June 17-20, 2013 at the Canad Inns in Grand Forks, N.D. For more information visit www.ncai.org.

National Congress of American Indians Mid-

Year Conference

June 24-27, 2013 at the Atlantis Casino, Resort and Spa in Reno, Nev. For more information visit www.ncai.org.

Tribal Secretaries and Administrative Support Staff Training Seminar

June 25-26, 2013 at the Flamingo Hotel and Casino in Las Vegas, Nev. For more information call (202) 642-4724 or visit www.nativeamericanconsulting.com.

The 37th annual UNITY Conference

July 12-16, 2013 at the Marriott Warner Center in Woodland Hills, Calif. For more information visit www.unityinc.org.

The third annual bi-Annual EUCI Conference-Energy Development on Tribal Lands

July 22-23, 2013 at the Hilton San Diego Bayfront in San Diego, Calif. For more information visit www.ncai.org.

The Cheyenne & Arapaho Workforce Investment Act (WIA) Program

will be partnering with other tribal programs and hosting community outreach meetings:

10 am-3 pm • May 22/Canton Community Center (Gym), Canton, Okla.

For more information call WIA 405/422-7544 or Vocational Rehabilitation 405/4227617

EATING

well for

DIABETES

As the population ages, supermarkets and food manufacturers are developing and marketing foods aimed at the prevention and treatment of health conditions common to seniors. Many seniors have dental problems or medical conditions, including osteoporosis, arthritis, heart disease, digestive disorders, diabetes and high blood pressure, which can affect your diet and the foods you choose to eat.

For older adults, the benefits of eating well increase mental acuteness, resistance to illness and disease, higher energy levels, faster recuperation times and better management of chronic diseases.

The amount of calories you need as you age to keep your energy up is less, but the nutrients need to be the same or higher. Women over the age of 50 and who are not active need about 1600 calories a day, 1800 a day if they are somewhat active and 2000 a day for active women.

Men over age 50 who are not physically active need about 2000 calories a day, if they are somewhat active 2200-2400 calories a day and 2400-2800 a day if they are physically active.

Digestive problems can develop at any age, but are more likely to develop a person gets older. Nearly 40 percent of older adults have one or more digestive related symptoms, such as constipation, heartburn, gas and swallowing or chewing difficulties. The most common is GERD. Eating late at night, fast foods or fried foods can exacerbate this reflux. Obesity increases the risk for heartburn and GERD, so if you gain weight as you get older you may have more reflux.

C-A Diabetes Wellness Program recognized as an American Heart Association fit-friendly worksite

Worksites take steps to decrease healthcare expenses, increase productivity

Concho, Okla.-The Cheyenne-Arapaho Diabetes Wellness program has been recognized as a Platinum-Level Fit-Friendly Worksite by the American Heart Association for helping employees eat better and move more.

“Physical activity and employee wellness are important priorities at the Willie Fletcher Fitness Center. We are honored and excited to be recognized by the American Heart Association as a Platinum-Level Fit-Friendly Worksite,” said Gloria Bellymule-Zuniga, diabetes wellness director said. “We’re committed to providing the best workplace environment possible. This will benefit our employees’ health and produce even more positive results for our worksite overall.”

Platinum-level employers offer employees physical activity options in the workplace.

Increase healthy eating options at the worksite.

Promote a wellness culture in the workplace.

Implement at least nine criteria outlined by the American Heart Association in the areas of physical activity, nutrition and culture.

Demonstrate measurable outcomes related to workplace wellness.

The Fit-Friendly Worksites program is a catalyst for positive change in the American workforce by helping worksites make their employees’ health and wellness a priority.

American employers are losing an estimated \$225.8 billion a year because of healthcare expenses and health-related losses in productivity, and those numbers are rising.

Many American adults spend most of their waking hours at sedentary jobs. Their lack of regular physical activity raises their risk for a host of medical problems, such as obesity, high blood pressure and diabetes. Employers face \$12.7 billion in annual medical expenses due to obesity alone.

The American Heart Association is working to change corporate cultures by motivating employees to

start walking, which has the lowest dropout rate of any physical activity.

Recognition is a critical component of the Fit-Friendly Worksites program. Employers that join this program qualify for official recognition by the American Heart Association. They are listed on the program’s national website, as well as Heart Walks, 100 Mile Club, Biggest Loser, Tour De Cure.

Qualifying worksites also have the right to use the program’s annual recognition seal for internal communications and with external, recruitment-related communications.

“The Fit-Friendly Worksites Program offers a unique, easy-to-implement opportunity for tribal programs to increase employees’ physical activity, which will help improve their health and their employers’ bottom line,” Bellymule-Zuniga said. “Even people who haven’t exercised regularly until middle age can reap significant benefits by starting a walking program. A study published in 1986 in the New England Journal of Medicine found that some adults may gain two hours of life expectancy for every hour of regular, vigorous exercise they performed.”

The American Heart Association is devoted to saving people from heart disease and stroke, America’s No. 1 and No. 4 killers. We team with millions of volunteers to fund innovative research, fight for stronger public health policies, and provide lifesaving tools and information to prevent and treat these diseases. The Dallas-based association is the nation’s oldest and largest voluntary organization dedicated to fighting heart disease and stroke. To learn more call (800) AHA-USA1 or visit www.heart.org.

For more information about the Fit-Friendly Worksites program and how it is helping to improve the health of Americans by focusing on an activity that is convenient, free and easy, call (405) 422-7723, visit startwalkingnow.org or www.c-a-tribes.org.

Healthy Food Choices for Older Shoppers

By Tara Conway, MS, RD/LD, CDE
C&A Diabetes Wellness Program

Swallowing difficulties can result from dry mouth (medications), tooth decay, stroke, dementia or other diseases such as Parkinson’s disease. Older adults may prefer softer foods. Easy to chew sources of proteins include eggs, fish, yogurt, cottage cheese, beans, lentils, low-fat cheese and tofu, tempeh or other soy products.

As we get older we also have problems with absorption of nutrients such as vitamin D, vitamin B12 and Calcium/supplements may be necessary but should be discussed with your doctor.

Lactose intolerance may happen as we age because our small intestines start to make less lactase, the digestive enzyme that digests lactose. Symptoms of lactose intolerance include bloating, cramps, diarrhea, painful gas and nausea.

Diverticulitis and constipation are some other problems older adults may face. High fiber foods paired with adequate fluid intake can help prevent constipation caused by inactivity and decreased bowel motility. Dietary fiber is found in whole grains, beans, nuts, seeds, fruits and vegetables.

Osteoporosis is another problem as we age. It is recommended that older adults consume 1200 mg of calcium a day. Milk, yogurt and cheeses are the main sources of calcium in the average diet.

For more information about healthy diets, contact the Diabetes Wellness Program at (800) 247-4612 ext. 27685.

Source: *Diabetes Self-Management Magazine*; November/December 2012 issue.

NATIVE YOUTH PREVENTING DIABETES
NYPD 2013
JUNE 10-14, 2013



**5 Days/4 Nights of outdoor activities,
Native American cultural activities and
healthy Fun!!**

Call Tara Conway (405) 422-7685

NEEDED: Foster Homes for our Cheyenne & Arapaho children!
You may be the one to change a child's life!

Preserve Their Future
Become a Foster Parent or Adoptive Parent TODAY!



CALL THE FOSTER CARE PROGRAM TODAY!
(405) 422-7495

CALLING ALL
7th – 12th Grade
Cheyenne and Arapaho Students

SAVE THE DATE
Cheyenne and Arapaho Tribes
2013 Youth Empowerment Conference
June 11-14, 2013
SWOSU
Weatherford, OK
Applications will be available Mar 15, 2013
DREAM - BELIEVE = ACHIEVE
Department of Education
STUDENT CREED

I am a member of Tsistsistas-Hinonoie.
The Creator has granted me the spirit of freedom to explore, the soul to believe that any dream is possible, and the ability to successfully achieve whatever I choose.
I will uphold the pride, honor, culture, and traditions of my ancestors.
I will embrace education for my people, my family, and myself.
I will nourish my mind, my body, and my soul with all that is Good,
I will respect all that surrounds me,
For I know that I am free to Dream, Believe, and Achieve.
All Cheyenne and Arapaho 7th-12th grade students are encouraged to memorize prior to the Youth Empowerment Conference.

Powwows & Events CALENDAR

Free Legal Clinic
3 p.m. - 8 p.m. Friday, May 17, 2013 at the Native American Church building in Concho, Okla. If you have questions regarding the Cobell Settlement, need help with insurance claims, need information on wills and estates or any other legal questions, please attend. Hosted by David N. Mayo of the Tawwater Law Firm.

Oklahoma Indian Nations Powwow Committee Princess Coronation Dance
6 p.m. May 18, 2013, at the Concho Community Center in Concho, Okla. Coronation of 2013 Senior, Junior and Little Miss Royalty. Also honoring outgoing 2012 Royalty, Marley Black, Senior Miss, Jaylin Reveles, Junior Miss and Little Miss, Dorene Allyn WhiteHorse.

Chokka’ Kilimpi presents the Chickasaw Healthy Minds Free 5K Run/Walk
May 18, 2013 at Wheeler Park, 1120 S. Western Avenue, Oklahoma City, Okla. Certified course, USATF Sanctioned, timed race through DG Production. Toddler dash ages 3-5 years, 1 mile fun run ages 6-8 years. Resource fair, children’s activities and social stickball game. Register online at www.signmeup.com/89263 or contact Renee Wilson at (405) 638-0309.

Benefit Bingo Fundraiser for Samarra Gallegos
May 22, 2013 at the Clinton Community Center in Clinton, Okla. Potluck dinner at 5:30 p.m. followed by Bingo at 6 p.m. Food/prize donations appreciated. Everyone welcomed to come out and enjoy the evening. For more information contact Kim RedShin at (580) 551-2801.

The Cheyenne and Arapaho Workforce Investment Act (WIA) and Vocational Rehabilitation Community Outreach Meeting
10 a.m. - 3 p.m., May 22, 2013 at the Canton Community Center (Gym) in Canton, Okla. For more information call (405) 422-7544 or (405) 422-7617.

The 41st annual Red Moon Powwow
May 25-27, 2013 at the Red Moon powwow grounds in Hammon, Okla. 2013 Princess, Neosha Bullcoming. Flag to be flown, Joseph Osage, U.S. Army. For more information contact Veronica Candy at (580) 715-0233 or Kyle Orange at (580) 821-7998.

The Chilocco Indian School Alumni Reunion and Powwow
May 31-June 1, 2013 at the First Council Casino Event Center and Chilocco Campus in Newkirk, Okla. For more information contact Ida Jane Johnson at (918) 284-1703 or Betty J. Belt at (918) 859-0664.

The 31st Anniversary Contest Powwow Honoring Lehman and Jeannelle Coyote
June 1, 2013 at the Cox Pavilion, Oklahoma State Fairgrounds in Oklahoma City. Contests in all categories. For more information call (405) 863-0688.

The 27th annual Red Earth Festival
June 7-9, 2013 at the Cox Convention Center in Oklahoma City. For three exciting days Oklahoma City will be at the center of Native American art and culture in America. For more information visit www.redearth.org or call (405) 427-5228.

The 15th annual Small Town Weekend
June 7-9, 2013 in El Reno, Okla. Friday, June 7, drag racing on Old Route 66, 6 p.m. - dark. Saturday, June 8 open car show, kid’s hot wheels races in Adam’s Park. For more information visit www.ercruisers.com.

Birthday Honor Dances for McKenna Lime, 10 and Selena Martinez, 1
June 9, 2013 at the Clinton Community Center in Clinton, Okla. Supper at 3 p.m. with dance to follow. For more information call (580) 715-0760.

The 2013 Arapaho Sundance ceremonies
Rabbit Lodge, June 24, 2013 in Ethete, Wyoming. Offering Lodge, June 27. For more information contact Fred Mosqueda at (580) 623-7325.

Cheyenne and Arapaho Health Board
Informational Meetings
6 p.m. - 8 p.m.

May 15 - Concho Community Ctr.
May 20 - Canton Community Ctr.
June 3 - Hammon Community Ctr.
June 11 - Clinton Community Ctr.

Bring all outstanding contract health or medical bills.
All tribal members invited to attend and discuss health care services received at Clinton Service Unit, clinics and other health related concerns.
Sponsored by the Cheyenne and Arapaho Health Board Members, Chairman, Allen Sutton, Vice-Chairman, Moses Starr Jr., Secretary-Treasurer, Mary Beaver, Ruby Sleeper, member and Margie Pewo, member.
There will be complaint/compliment forms available to be filled out on site at each meeting.
For more information call (405) 422-7695.

Happy Birthday



Happy 6th Birthday
Adam Ryan Chalepah
We all love you,
mommy , grandma,
grandpa, brother
and sister



Happy Belated Birthday
Krista Blackwolf
Hope you had a
great Birthday, you
deserve it Kris.
You're such a beautiful
and strong native woman
and have inspired so
many people.
Keep up the good work!
We're all so proud of you!



Happy Birthday
Audrina Johnnie
May 19
Love daddy, mommy
brothers and sisters



Crystal LaRue
Carroll Parker May 13
Happy Birthday Mrs.
Mary Kay, love your
family



Happy Birthday
Conley Blackwolf!
Love, mom, Kris, Todd,
Donovan, Farrah
and Caden



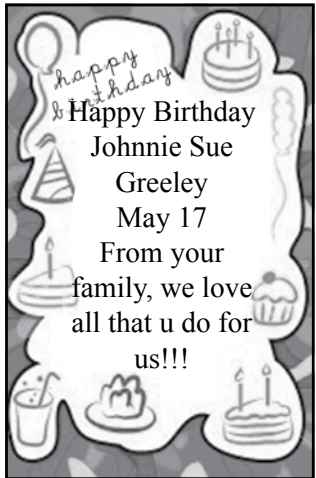
Happy 3rd Birthday to my
beautiful babygirl
lil Miss Farrah Pleets
Love, momma and
Donovan



Happy 1st Birthday
Adele Evelyn Greeley
May 15
Love your daddy,
mommy, brothers
and sisters



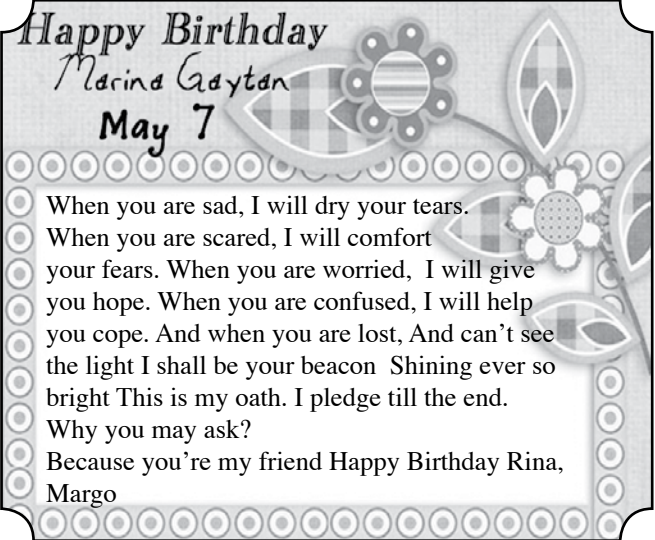
Happy Birthday Charles
Gray May 28
May God guide and direct
your path. We love you,
the Gray's



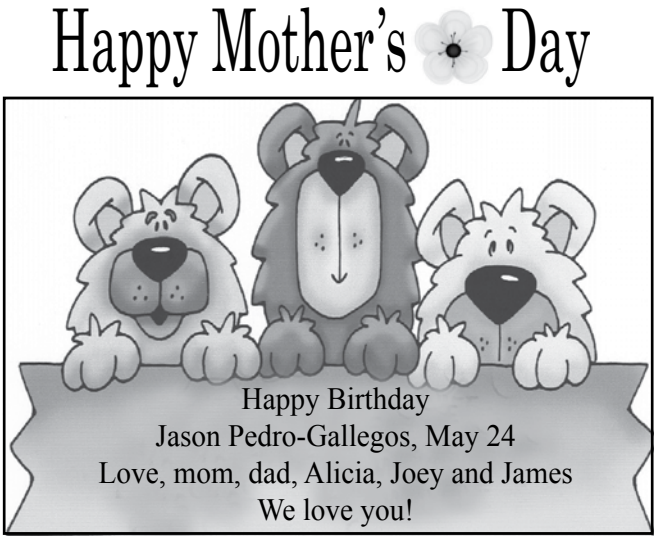
Happy Birthday
Johnnie Sue
Greeley
May 17
From your
family, we love
all that u do for
us!!!



Happy 13th Birthday
Nicole Turtle
May 20
Love the Red Shirts
and Aguilars



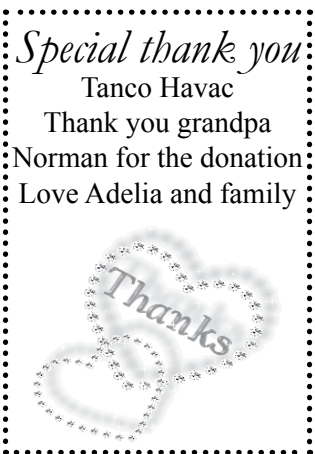
Happy Birthday
Marina Gaytan
May 7
When you are sad, I will dry your tears.
When you are scared, I will comfort
your fears. When you are worried, I will give
you hope. When you are confused, I will help
you cope. And when you are lost, And can't see
the light I shall be your beacon Shining ever so
bright This is my oath. I pledge till the end.
Why you may ask?
Because you're my friend Happy Birthday Rina,
Margo



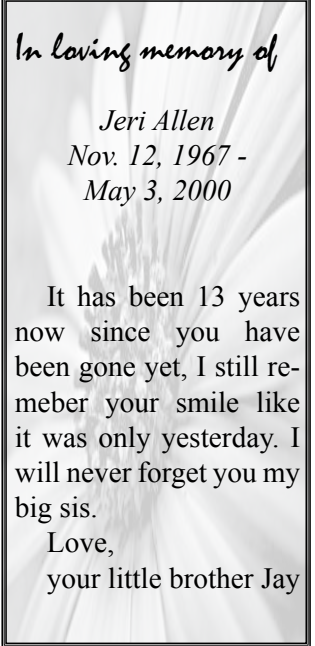
Happy Mother's Day
Happy Birthday
Jason Pedro-Gallegos, May 24
Love, mom, dad, Alicia, Joey and James
We love you!



4th Congratulations
Torence Malaina Fasthorse
"Tori"
Darlington Kindergarten
Class of 2013
We are so proud of you Tori!
Love, momma and daddy,
Blaine, Brandy, Baylee
and the rest of the family in
Oklahoma, Montana
and Colorado



Special thank you
Tanco Havac
Thank you grandpa
Norman for the donation.
Love Adelia and family



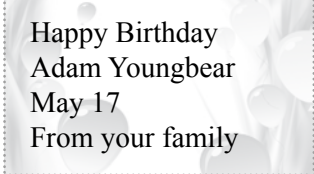
In loving memory of
Jeri Allen
Nov. 12, 1967 -
May 3, 2000
It has been 13 years
now since you have
been gone yet, I still re-
meber your smile like
it was only yesterday. I
will never forget you my
big sis.
Love,
your little brother Jay



Happy Birthday Michael
Gray May 13
God bless you, love your
family the Gray's



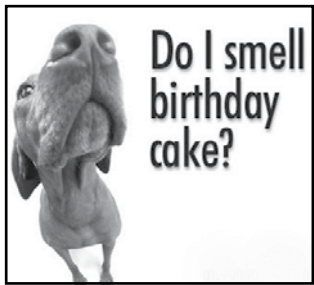
Happy 20th Birthday
Payton Nicole
May 25
I feel so proud and happy
to see that my little girl
has grown into such a
fine, young and beautiful
woman. Much love and
blessings coming your
way. No matter how old
you are, to me you will
always be my little girl.
Have a brilliant Birthday!
Love, momma



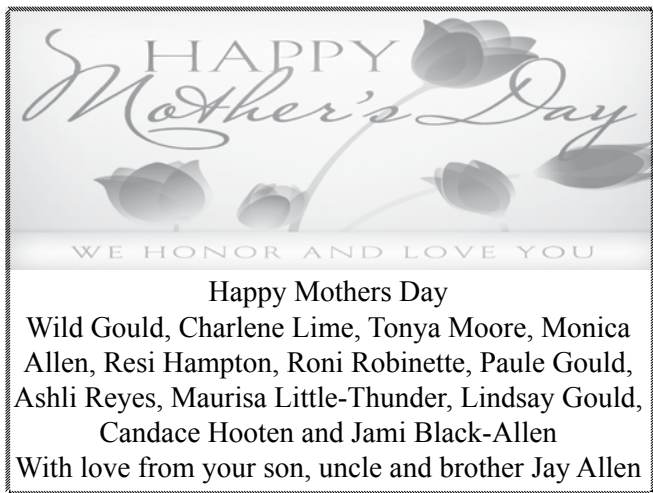
Happy Birthday
Adam Youngbear
May 17
From your family



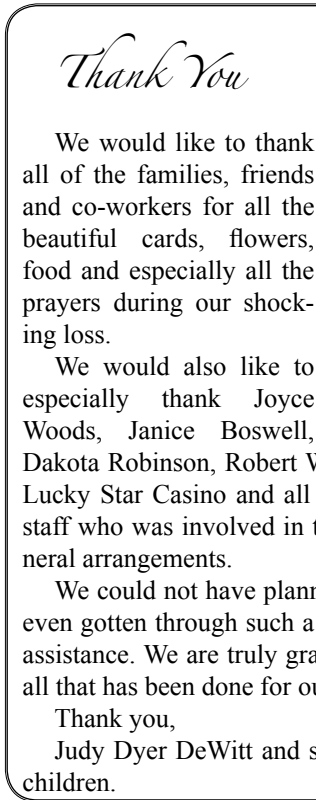
Happy 10th Birthday
Miss Kashlei-May 23
We love you bunches &
bunches...gma & papa



Happy 5th Birthday
Miss. Malaina Jo Byrd, May 16
and Happy 13th Birthday
Miss. Abigail Lea Marie Baker, May 17
Auntie Coli loves her May Birthday girls so much!!!



Happy Mothers Day
Wild Gould, Charlene Lime, Tonya Moore, Monica
Allen, Resi Hampton, Roni Robinette, Paule Gould,
Ashli Reyes, Maurisa Little-Thunder, Lindsay Gould,
Candace Hooten and Jami Black-Allen
With love from your son, uncle and brother Jay Allen



Thank You
We would like to thank
all of the families, friends
and co-workers for all the
beautiful cards, flowers,
food and especially all the
prayers during our shock-
ing loss.
We would also like to
especially thank Joyce
Woods, Janice Boswell,
Dakota Robinson, Robert Wilson, Jerrie Oglesby, Concho
Lucky Star Casino and all of the Cheyenne and Arapaho
staff who was involved in the planning of my father's fu-
neral arrangements.
We could not have planned the services without you or
even gotten through such a tragic time without all of your
assistance. We are truly grateful for all of the support and
all that has been done for our family.
Thank you,
Judy Dyer DeWitt and sisters, grandchildren and great
children.



*Class of 2013
Valedictorian*
You have not only gradu-
ated from high school, you
have graduated into adult-
hood. All your hard work
is over ... you have gradu-
ated! Now it's all over, or
it's all beginning depending
on which way you look at it.
Education is the key to un-
locking your potential and
the diploma helps a little
too.
I am confident you will
continue to succeed in life.
Keep up the good work and
may God continue to bless
you and your abilities. Wish-
ing you many more success-
es in the future. Congratu-
lations Becka! You did it!
Now it's time to celebrate!
Becka has been accepted
to the University of Okla-
homa where she plans to earn
her Phd in Psychology.
The whole family is very
proud of you and all that you
have accomplished.
I love you, momma



Congratulations
Logan William Haver-
strom
Logan will be graduat-
ing from Air Academy High
School of Colorado Springs,
Colo. on May 23, 2013. He
is a member of the National
Honor Society and was a
Varsity Letterman in Ice
Hockey. During the 2012-
2013 High School Hockey
season Logan was selected
to participate in the Colorado
High School Senior All Star
game at the Pepsi Center in
Denver, Colo.



Salutatorian 2013
Morgan Kyli Bullcom-
ing has been named Saluta-
torian for 2013 graduation
Class of Lookeba-Sickles
High School. Morgan is the
daughter of Angela Tso Sila-
go and Donald Bullcoming
Jr. She is the granddaughter
of Clifford Silago of Looke-
ba, Okla. and the late Sha-
ron (Klinekole) Silago and
Esther Seger of Hammon,
Okla. and the late Donald
Bullcoming Sr. She is also
the great-granddaughter of
Neil Wooster of Lookeba,
Okla.
Her activities included
student council, yearbook,
FCA, FCCLA, Lady Panther
basketball team and softball
team.
Her honors include be-
ing a member of the: Class
A Slow-Pitch Softball Aca-
demic State Champions,
Oklahoma High School
Honor Society, Oklahoma
Indian Student Honor Soci-
ety, Caddo County Basket-
ball All-Tournament Team,
Washita Valley Conference
All-Conference Team, Hin-
ton Invitational All-Tourna-
ment Team, Superintendent
Honor Roll and 2013 Okla-
homa Indian All-State Bas-
ketball.



CLASSIFIED SECTION

Employment:

Submit a tribal application, resume, diploma(s), transcripts, valid copy of Oklahoma state driver’s license and a copy of CDIB to Personnel Department, P.O. Box 38, Concho, Okla. 73022 or email whaag@c-a-tribes.org.

Tribal Youth Counselor
Canton, Okla.
Closing Date: Until filled

Qualifications:
BA in Education, Social Work, or related field preferred; or an equivalent combination of education and experience working with tribal youth, alcohol or drug prevention, substituting one year of experience in teaching for each year of the required education. Must possess a current Oklahoma driver’s license and have a clean driving record. Pass an OSBI background check and drug test. Cheyenne and Arapaho preference.

EPA Director
Concho
Closing Date: May 17, 2013

Qualifications:
Prefer bachelor’s degree but may consider an AA/AS Degree in Environmental Sciences, Engineering or Public Health Administration related to Environmental Sciences. Minimum of two years of technical experience related to environmental science, health science, natural resources or experience in managing a federal environment contracted program. Substantial management advisory experience, with emphasis in oral and written presentation to a variety of groups. In-depth knowledge of management information systems, database inventory, presentation and problem-solving methods. Prefer experience in computer skills, database, GIS inventory systems. Must be able to relate to Indian and non-Indian communities as well as state, federal, local and tribal organizations. Must have a valid Oklahoma driver’s license. Must pass pre-hire drug and alcohol screening.

SALARY: Negotiable

Teachers-Head Start
Canton, Concho, Clinton
Closing Date:Continuous

Qualifications:
CDA, AA, BA Degree in Early Childhood education and a minimum of two years experience working in an early childhood education classroom or an equivalent combination of training and experience. Early childhood education formal training and able to receive a CDA or an AA degree within 180 days of employment. Must pass drug and alcohol test. Must complete supplemental application. Must complete OKDHS Criminal Review Application. Must pass background investigation.

SALARY: Negotiable

Wellness Technician
R.E.Sp.E.C.T.
Open Until Filled

Qualifications:
High school diploma or GED certification required. Valid Oklahoma driver’s license and reliable transportation. Must have an active background in sports, recreation and exercise. Must have the ability to interact and communicate with varied educational levels. Must have at least one year of experience working in the sports, recreational or exercise fields. Must be knowledgeable of and sensitive to the tribal member’s culture, heritage and beliefs. Good health and physical fitness a plus. Adult and child CPR/First Aid certificate required. Must be able to perform professionally and culturally in an appropriate manner. Cheyenne and Arapaho preference.

SALARY: Negotiable

Videographer/Editor
CATV
Closing Date: Until Filled

Qualifications:
High school diploma or GED certification required. Minimum two years experience shooting and editing. Valid Oklahoma driver’s license required. Willingness to travel and work nights and weekends. Tribal preference.

SALARY: Negotiable

Substitute Teacher Aides-Head Start
Concho, Clinton, Canton
Closing Date:Continuous

Qualifications:
High school diploma or G.E.D. certification and minimum of one year experience working in an early childhood education classroom; or an equivalent combination of training and experience with willingness to obtain additional training and/or obtain additional training/or CDA or state certificate as requested. Use positive approach in directing and redirecting child behavior. Current Childhood Emergency/CPA or First Aide/CPR certification or the ability to obtain one and CDL.Obtain and hold current food handler’s card or the ability to obtain one. Maintain compliance with Criminal History Registry and agrees to random drug testing. Must complete supplemental application. Must complete OKDHS criminal review application. Must pass background investigation.

SALARY: Negotiable

Caseworker
Elder Care Clinton
Closing Date: May 20, 2013

Qualifications:
High school diploma or GED certification required. Must be able to satisfactorily pass a background check. Must have computer skills and be able to type. Must have a flexible schedule and be able to work nights and weekends when needed. Cheyenne and Arapaho preference.

SALARY: Negotiable

Office Aide
Personnel Department,
Concho, OK
Closing Date: May 23, 2013

Qualifications:
High school diploma or GED certification required. Ability to work with minimal supervision. Experience with various office equipment. Ability to alphabetize. Cheyenne and Arapaho preference.

SALARY: Negotiable

BIA-Higher Education Scholarship funds Expended for Spring 2013

The Higher Education office announces that BIA-HIE funding for Spring 2013 scholarships has been expended. Also, Student Progress Reports for Freshmen were due March 15 and April 15 so there will be no more disbursements made for any student submitting late grade reports.
Thank you

FREE LEGAL CLINIC

3 p.m. - 8 p.m.
Friday, May 17
NAC Building
Concho, Oklahoma

Do you have questions about your Cobell Settlement claim?

Have you been injured? Do you need help with an insurance claim?

Do you have questions about wills and estates?

Have your legal questions answered FOR FREE at this one day clinic.

Hosted by David N. Mayo
Tawwater Law Firm

CHR Van Driver-F.T.
C-A Service Area
Closing Date: Until filled

Qualifications:
Valid Oklahoma driver’s license and current driving record from the Oklahoma Department of Transportation. Obtain a current CPR certification. Must reside in or near service area. Must pass physical examination and be in good physical condition. TB Skin Test Required. High School diploma or GED certification required. Satisfy an OSBI Background Check. Must have own reliable vehicle and residential telephone. Cannot have a history of chemical abuse. Must attend training and continuing education requirements. Must be able to communicate effectively with different personalities. Cheyenne and Arapaho preference.

SALARY: Negotiable

Property and Supply Vehicle Inventory Control Specialist
Closing Date: May 16, 2013

Qualifications:
High school diploma or GED certification required. Shall possess a valid Oklahoma driver’s license and be able to provide verification of mandatory vehicle insurance verification. Two years experience in property management and inventory, supply management, vehicle fleet management, or combination of specialized work experience. Two years management experience in Federal/State Contract Administration is preferred. Must be computer literate in Word Processing, Data Base and spreadsheet. Certificate of completion from Vo-Tech is preferred. Ability to lift 50 lbs. or more several times a day. Requires OBSI background check.

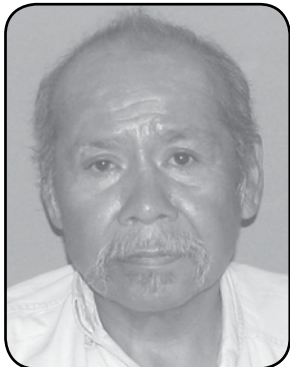
SALARY: Negotiable

Custodian – On call
Watonga Multi-Purpose Center
Open until filled

Qualifications:
Completion of high school or GED certification required. One-year experience in custodial work desirable. Must know methods, materials and equipment used in custodial work. Experience may substitute for education. Ability to follow oral and written directions. Must possess a valid Oklahoma driver’s license. Cheyenne and Arapaho preference.

SALARY: Negotiable

Obituaries



Cornelius Gene Cedartree Sr.
Feb. 24, 1953 - May 1, 2013

Funeral services were held for Cornelius on May 6, 2013 at the Swearingen Funeral Chapel in Seminole, Okla.
A wake service was held on April 5, 2013 at the Swearingen Funeral Chapel in Seminole, Okla.

Ada Mae “Owl Woman” Cutnose Whitebird
May 3, 1936 - April 23, 2013

Ada Mae ‘Owl Woman’ Cutnose Whitebird was born on May 3, 1936 to Theodore Diamond Cutnose and Pearl Higheagle in Geary, Okla. She passed away on April 23, 2013 in Watonga, Okla. at the age of 76. Ada attended boarding school in Concho, Okla. She lived in Florida before moving to the Greenfield-Geary area in the 1990’s. She married Malcolm J Whitebird, Sr. Nov. 6, 1998 in Miami, Okla. Ada enjoyed arts and crafts with her husband Malcolm. She was a member of the Episcopalian Church in Watonga. Survivors include, her husband, Malcolm, children

Victor Blackwood, William Hal Asmund Dawn Asmund, Eric Asmund, Harold Asmund, Thor Asmund, Lilla Pearl Asmund and numerous step-children, numerous grandchildren, brother John Paul Cutnose and sister Donna Clyburn Cutnose, and three adopted sisters, Charlotte Blackelk, Elizabeth Vargas and Sandy Friday. Her parents, Theodore and Pearl Higheagle Cutnose, her grandparents Cuthair and Little Woman, preceded her in death several siblings including Victor Cutnose, Pendleton Sonny Cutnose, Teddy Cutnose, Jr., Joe Cutnose, Lucy Cutnose,



Florann Cutnose, Pat Cutnose, Imogene Cutnose, and half-sister Mary Wolfchief. Funeral services for Ada were held on April 29, 2013 at the Worldwind Mission of the Holy Episcopal Church on April 29, 2013 in Watonga, Okla.

A wake service was held on April 28, 2013 at the Worldwind Mission of the Holy Family Church in Watonga, Okla.



Manuel Anthony Rodriguez
Nov. 4, 1981 - May 5, 2013

An all night wake service was held for Manuel on May 7, 2013 at the Casa Bonita Funeral Home in Stockton, Calif.



CHEYENNE & ARAPAHO TRIBES
OF OKLAHOMA
FILED MAY 07 2013
IN THE TRIAL COURT
DOCKET PAGE
FILM IMAGE
COURT CLERK
JUVENILE DIVISION
P.O. BOX 102
CONCHO, OKLAHOMA 73022

THE CHEYENNE AND ARAPAHO TRIBES
In the Interest of:
A. L. W.
DOB: 05/13/2010
Alleged Deprived, Neglected or
Dependent Child.
And Concerning:
Unknown Father.
Respondent.

Case No. JFJ-2011-07

SUMMONS
AND
NOTICE OF HEARING

The Cheyenne and Arapaho Tribes to: Unknown Father of A.L.W.

YOU ARE HEREBY NOTIFIED that an Amended Petition has been filed in the Cheyenne and Arapaho Tribes Juvenile Court alleging that the above referenced child, born to Nova Caprice Washa on the 13th day of May, 2010, is a deprived or neglected child and abandoned by her biological father and requesting the Court to adjudicate said child as such and to terminate the parent-child legal relationship between said child and her unknown biological father, all as more fully set out in the Amended Petition filed in said cause.

YOU ARE THEREFORE ORDERED TO APPEAR at the Courtroom of the Tribal District Court, 700 Black Kettle Boulevard, Concho, Oklahoma, on the 4th day of June, 2013, at the hour of 10 o'clock a.m., and to remain and answer the allegations contained in the Amended Petition and state whether you admit or deny the allegations of the Amended Petition.

YOU ARE FURTHER NOTIFIED that the Court will hear evidence in support of and in opposition to the granting of the amended petition at the time and place above shown. You have the right to be present, to be represented by counsel, and an opportunity to be heard at said time and place, including the right to deny the allegations contained in the amended petition and the right to object to the granting of the amended petition and to show why your child should not be adjudicated to be a dependent or neglected child or abandoned and why your parental rights to said child should not be terminated. Your failure to appear at said hearing shall constitute a denial of your interest in the child, which denial may result, without further notice of this proceeding or any subsequent proceedings, in an order of the Court terminating your parental rights to said child in accordance with law.

Dated this 7 day of May, 2013.

Lisa B. Oigoby-Herbert, Judge
Cheyenne and Arapaho Trial Court

CHEYENNE & ARAPAHO TRIBES
OF OKLAHOMA
FILED MAY 07 2013
IN THE TRIAL COURT
DOCKET PAGE
FILM IMAGE
COURT CLERK
JUVENILE DIVISION
P.O. BOX 102
CONCHO, OKLAHOMA 73022

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YOU ARE FURTHER NOTIFIED that the Court will hear evidence in support of and in opposition to the granting of the amended petition at the time and place above shown. You have the right to be present, to be represented by counsel, and an opportunity to be heard at said time and place, including the right to deny the allegations contained in the amended petition and the right to object to the granting of the amended petition and to show why your child should not be adjudicated to be a dependent or neglected child or abandoned and why your parental rights to said child should not be terminated. Your failure to appear at said hearing shall constitute a denial of your interest in the child, which denial may result, without further notice of this proceeding or any subsequent proceedings, in an order of the Court terminating your parental rights to said child in accordance with law.

Dated this 7 day of May, 2013.

Lisa B. Oigoby-Herbert, Judge
Cheyenne and Arapaho Trial Court

IN THE TRIAL COURT
CHEYENNE AND ARAPAHO TRIBES
OF OKLAHOMA
FILED MAY 3 2013
IN THE TRIAL COURT
DOCKET PAGE
FILM IMAGE
COURT CLERK
JUVENILE DIVISION
P.O. BOX 102
CONCHO, OKLAHOMA 73022

GEORGE HICKS, JR.
vs.
LIZA BYLILLY

Petitioner
Respondent

Case No: CIV-2013-52

NOTICE BY PUBLICATION

The Cheyenne and Arapaho Tribes to: LIZA BYLILLY

You are hereby notified that DON RUPER NOWLIN has filed in this Court a Petition For Annulment and that said Petition is hereby set for a Hearing to be heard in the Courtroom of said Trial Court of the Cheyenne and Arapaho Tribes, 700 Black Kettle Boulevard, Concho, Oklahoma, on the 12th day of JUNE, 2013 at 10:00 A.M., at which time you may appear and show cause, if any you have, why said Divorce should not be granted.

Dated this 3rd day of May, 2013.

BY: Rebekah Martin, Deputy Court Clerk
Cheyenne and Arapaho Trial Court

CHEYENNE & ARAPAHO TRIBES
OF OKLAHOMA
FILED APR 29 2013
IN THE TRIAL COURT
DOCKET PAGE
FILM IMAGE
COURT CLERK
JUVENILE DIVISION
P.O. BOX 102
CONCHO, OKLAHOMA 73022

In The Matter Of The Guardianship Of:
D.C.R. DOB: 06/21/06
L.M.R. DOB: 11/12/07
C.L.R.R. DOB: 08/06/11

Case No: PG-2013-0018

Minor Children Under The Age Of 18 Years

NOTICE BY PUBLICATION

The Cheyenne-Arapaho Tribes to: CHRISTOPHER FRANKLIN ROBERTS
GARY RUTLEDGE

You are hereby notified that Eva Marlene Red Hat has filed in this Court a Petition For Guardianship of the persons and/or estates D.C.R., L.M.R., and C.L.R.R., minor children, and that said Petition is hereby set for a permanent hearing in the Courtroom of said Trial Court of the Cheyenne Arapaho Tribes, 700 Black Kettle Boulevard, Concho, Oklahoma, on the 24th day of JULY, 2013 at 10:00 A.M., at which time you may appear and show cause, if any you have, why said guardianship should not be granted.

Dated this 29TH day of APRIL, 2013.

Ricque Richardson, Deputy Court Clerk
Cheyenne-Arapaho District Court

Petitioner:
Eva M. Red Hat
908 S. 7th St.
Kingfisher, OK 73750

By Robin Noyes, Tribal Tribune Correspondent

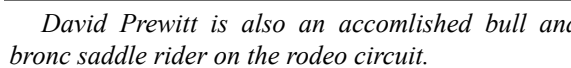
In late 2007, after serving as team leader, Prewitt was given a month and a half off to rest and then sent to Twenty-nine Palms, Calif., where he was pulled over to the Scout Sniper team. He was a member of the 3rd Battalion, 4th Marine Scout Sniper platoon where

"I didn't think I honestly had a chance," Prewitt said of the experience. Soon after he was called in for an interview and really hit it off with the casting people who told him they would let him know.

The defining moment came when a girl, who was talking to Prewitt told him she was a ‘country girl’. He knew he had to do something to get her attention from all the other men there so he started talking over the other guys, so he said, “I have something to show you, and I don’t know if it’s appropriate or not, but I am going to show you anyway.”



David Prewitt, U.S. Marine, when he was stationed in Iraq.



continued on next page

Subject to change. See casino for official rules and details. Management reserves all rights. ©2013 Lucky Star Casino



Journey into stardom

continued from page 11



David Prewitt as he appeared in the series, Full Metal Jousting.

Love 2 and I went on to be in seven episodes, including the finale episode. This was my first taste of fame honestly. I have never felt that way in my entire life. I had thousands of Facebook messages from girls, from all walks of life. It was crazy really, I couldn't go anywhere without being recognized and taking pictures and signing autographs. It was surreal," Prewitt said.

This opened the door for Prewitt for other acting jobs such as background acting on Sons of Anarchy.

"I played a boxer at a gym. It was like 16 hours of filming and I literally got like one second of air time. It was a great experience. It was hard work though. It was literally 16 hours of punching and punching bags."

Prewitt went on to make another reality show that he won called Baggage, then he appeared on Full Metal Jousting, when he answered an internet ad for a casting call that wanted people who could ride horses and stick each other with lances.

"I remember thinking this has to be fake, but I just sent my name in anyway," Prewitt recalled, which ended up being the longest casting process he had been through yet. "The biggest thing about reality television is you have to portray confidence, but not be over the top."

He had to get MRI's, physicals, labwork and many different sets of interviews. After a long wait he was sent to

Jackson, Miss. to begin filming at the boot camp session. The group was taken to where the horses were and this is when Prewitt admits, "I told them I knew what I was doing because it's not too hard for me to look at somebody and learn how to do something instantly. That's really what I was doing. I have never told anybody this, I have always acted like a professional ... I might as well throw that out there." Prewitt added with laugh. "I showed up in cowboy boots and chaps and these other guys showed up in their super fancy English riding gear."

But Prewitt made it through the first couple of days practicing using the lance, hitting targets and no stirrups. While there were some who dropped out, Prewitt continued to learn quickly and improve each day.

"The targets we were aiming at were like a six inch area of wood, and there's a lot going on and it's like multi-tasking at its best. I couldn't hit a thing at first. It was literally the last day it finally clicked, and that was when we were in full armor. They made us wear that armor and we couldn't use the stirrups so everybody was tearing their groin muscles. They were hazing us to see who was tough enough to make the cut," Prewitt said. "The last day I sat in my room and I just prayed that something would happen. I just needed to get on this show, so I prayed and put on my armor, got out there on my horse on the last day and just smashed almost every single target. It was a miracle ... honestly. That was the only thing that got me on the show."

After the last day of boot camp tryouts the guys were sent to their motel rooms to wait as the casting director came to each motel room one by one to tell them if they made it or not. When the director came to his room and started with 'sorry', Prewitt said he just remembers feeling so bad, but then the director followed with, 'you made it on the show'. Full Metal Jousting aired in March 2012.

After all of his accomplishments Prewitt said the highlights have been his experience with VH1's Tough Love 2.

"It was definitely the coolest thing I have ever done in my life. It made my dreams come true. My whole demeanor and person has changed and now I want to change the world a little bit and help people. Better my community and touch the lives of a lot of people," Prewitt said.

One of the many things Prewitt wants to accomplish now is to use all his talent and input to help rebuild his elemen-



Prewitt said he wants to be a good example to not only the youth in his community of Oregon but to all the Native communities everywhere.

tary school that was torn down in his community. He said he wants to be a good example to not only the youth in his community of Oregon but to all the Native communities everywhere and in order to do that, Prewitt quit drinking at the age of 26.

"On the weekends I would go out and party just a little too hard. Just like a lot of people my age. I just began to notice myself losing ambition because I would party and then feel badly the next day due to the hangover and it would just compound and compound as it is also a depressant."

He continues to stay in shape and stay abstinent, "I want to steer people clear of the mindset that they think they have to drink to be social with other people."

Prewitt said it was one of the biggest life choices he has ever made and one that has worked out well so far.

"I plan to change the perspectives of people, by setting the example," and so far, he has done just that.

TEAM | UNITY | ONE HEART BEAT

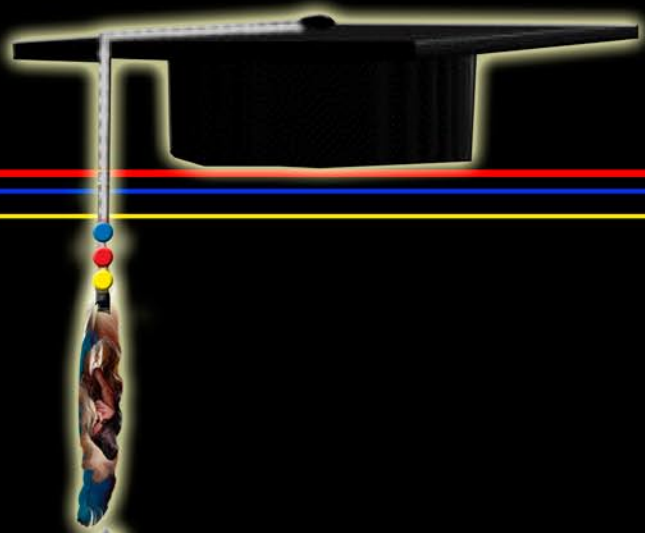
JULY.6.2013

WOMEN'S LACROSSE EXHIBITION

JULY.5.2013

facebook.com/nativerevision

WWW.NATIVEREVISION.ORG



CHEYENNE AND ARAPAHO

2013 GRADUATES COLLEGE



Amick Birdshead
Bachelor of Arts
East Central University



Carla Birdshead
Bachelor of Science
University of Colorado



Stephanie Black
Bachelor of Science
Oklahoma City University



Aubrey Blackwolf
Associate of Arts
Redlands Community College



Kenneth Cross
Bachelor of Science
Southwestern Oklahoma State University



Deanna Dorsett
Associate of Arts
Redlands Community College



Nicole Harris
Bachelor of Science
Texas A&M University



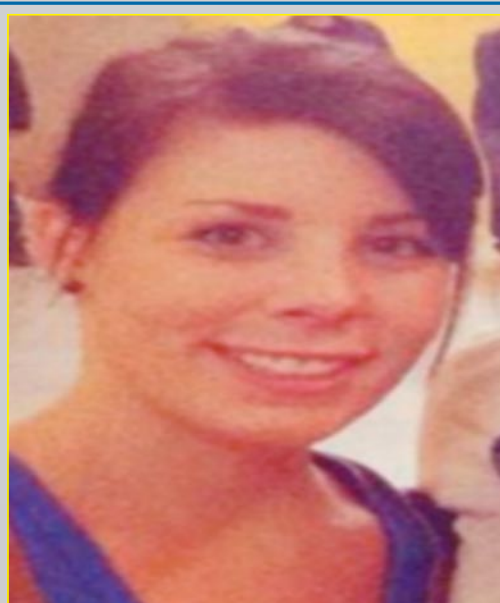
Sunny A. Loneman
Associate of Arts
Oklahoma City Community College



Wayne Runnels
Bachelor of Arts
Creighton University



Lavalie Russell
Bachelor of Science
Southern Nazarene University

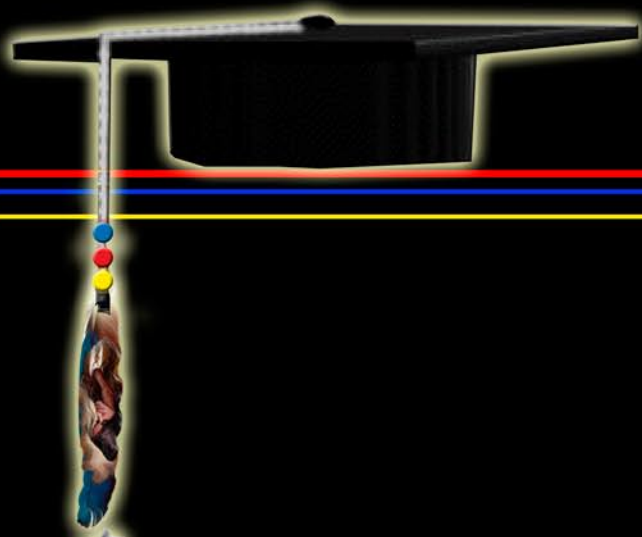


Juliann Levi Vignatelli
Bachelor of Arts
University of Kansas

Not Pictured

Raymond Whiteshield
Bachelor of Science
Cecelia Cometsevah
PhD Philosophy
Kathryn Toahty
Master of Business
Tiffany Morrin-Coleman
Master of Science
Jeanna Ford
Master of Science
Cody Camacho
Bachelor of Arts
Tony Shane Bacon
Bachelor of Science
John Goljenboom
Bachelor of Science
Kaycee Daukei
Bachelor of Arts

Tashina Kremer
Bachelor of Arts
Samantha Stallcup
Bachelor of Science
Refujio Ray Mosqueda
Bachelor of Arts
Associate of Science
Desiree Smith
Bachelor of Arts
Freeman Hawk
Associate of Arts
Delores Island
Associate of Arts
Caroline Williams
Associate of Arts
Samantha Whiteshield
Associate of Arts



CHEYENNE AND ARAPAHO

2013 GRADUATES HIGH SCHOOL



Darian Baggett
Clinton High School



Jacob Thomas Beartrack
Vandergrift High School



Sonya Birdshead
Dale High School



Melinda Birdshead
El Reno High School



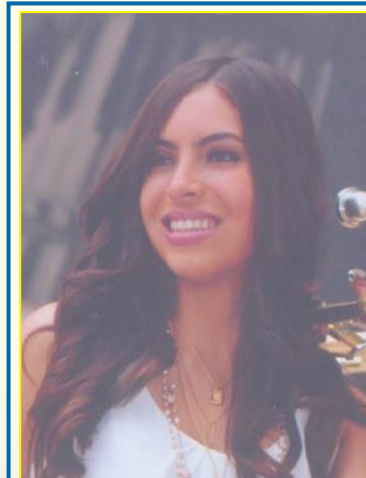
Ashley Blackcrow
Geary High School



Morgan Bullcoming
Lookeba-Sickles High School



Vanessa Candy
Hammon High School



Tristen Sierra Cardwell
Poteet High School



Kendall Charley
Putnam City North High School



Kaley Cross
Clinton High School



Evan Martina Garey
Arnett High School



Jordan Gorham
Perkins-Tyron High School



Autumn Grothe
Canton High School



Marcus Guillen
Watonga High School



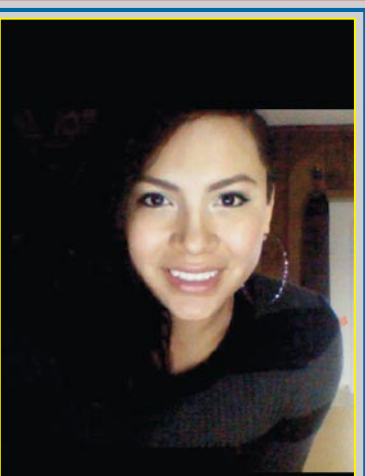
Derek Hadley
Kingston High School



Logan Haverstrom
Air Academy High School



Dara Hicks
El Reno High School



Josephine Horsechief
Pawhuska High School



Sarah Hulett
Clinton High School

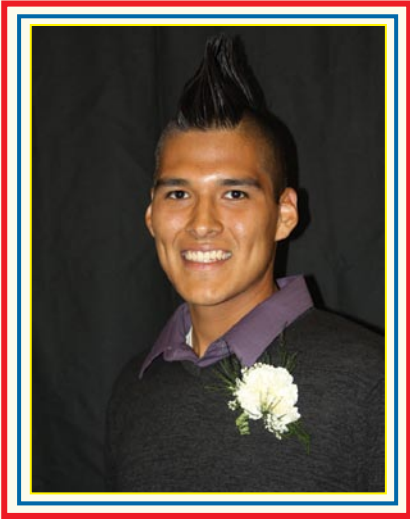


Kayla Sue Kaniatobe
San Juan High School

CHEYENNE AND ARAPAHO

2013 GRADUATES

HIGH SCHOOL



Celo Keith
Putnam City High School



Sydney Keith
Putnam City High School



Anthony Martin
Clinton High School



Jose Martinez
Arapaho-Butler School



Jon Matane
Shawnee High School



Richard Pedro
Hartshorne High School



Abigail Reynolds
Clinton High School



Shyla Sanders
Geary High School



LaShonda Sankey
Canton High School



Trista Sioux
El Reno High School



Aaron Van Hook
El Reno High School



Misti Wall
Choctaw High School



Sierra Weasel Bear
Ponca City High School



Sonya WhiteEagle
Canton High School



Cristina Yellowman
El Reno High School



James Youngbull
Geary High School

Not Pictured

Rogelio Aguila
Capitol Hill High School
Allora Bellymule
El Reno High School
Sierra Bellymule
El Reno High School
Tajah Black
Geary High School
Adrian Candia
Southeast High School
Tristen Cardwell
Dr. Ralph H. Poteet High School

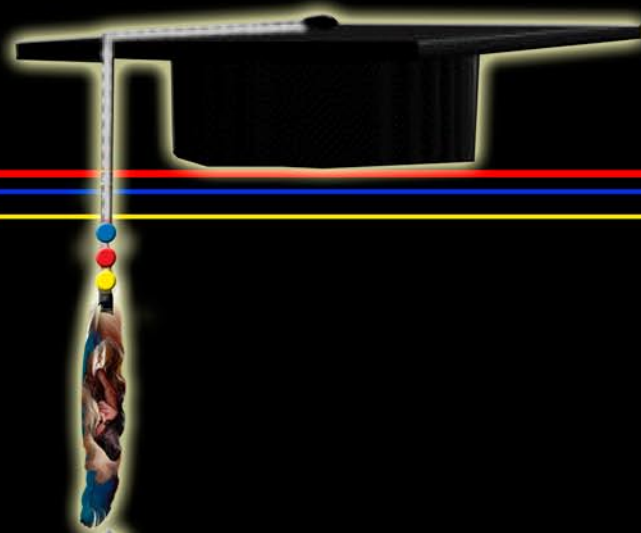
Ashley Chalepah
Elk City High School
Scott Collison
Choctaw High School
Jason Francis
Denver Center for International Studies
Richard Hardage
Enid High School
Eddie Heffley
McCloud High School
Dalton Holsapple
Seiling High School
Trevor Howard
Waukomis High School

Saphire Hughes
Belton High School
Sunni Hutchinson
Watonga High School
Jonathan Littlebird
El Reno High School
Asa Littlebird
Geary High School
Christine Rouse
Metro Career Academy
Rachel Littlebird
Calumet High School
Andres Lonebear
Window Rock High School
Jalen Medicine Bear

Yukon High School
Pablo Moctezuma
El Reno High School
Henry Otto
Chippewa Hills High School
Jabin Pedro
Scappoose High School
Staci Pratt
Canton High School
Quinta Quick
Independence High School
Jordan Rhodes
Seiling High School

William Rhodes
Seiling High School
Mekko Riggs
East Central High School
Seth Russell
El Reno High School
Preston Starr
El Reno High School
Whitney Tasso
Kingfisher High School
Marcy Turner
Okemah High School
Timothy Wassana
Clinton High School

Amanda Whitetail
Clinton High School
Creighton Whitebuffalo
Putnam City High School
Marc Whiteman
El Reno High School
Alexandra Whitetail
Putnam City Academy
Taylor Williams
Lawrence High School
Cale Wright
Southmoore High School



CHEYENNE AND ARAPAHO

2013 GRADUATES

HEAD START



Paige Davis
Canton Head Start



Lane Denton
Canton Head Start



Ashton Gambill
Canton Head Start



Rush Hunt
Canton Head Start



Douglas Keesie
Canton Head Start



Kobe Little Thunder
Canton Head Start



Meghan Meat
Canton Head Start



Skylar Plain
Canton Head Start



Lucas Sessions
Canton Head Start



Roderick Baker Jr.
Clinton Head Start



Kristian Bennett
Clinton Head Start



Clifton Cayaditto Jr.
Clinton Head Start



Marcos Chavez
Clinton Head Start



Michaela Ferrell
Clinton Head Start



Ayshka Garcia
Clinton Head Start



Kydrian Millender
Clinton Head Start



Antoinette
Prairie Chief
Clinton Head Start



Meraelie Sevenstar
Clinton Head Start



Gabriel Starr
Clinton Head Start



Orion Wilson
Clinton Head Start



LaRaya Alexander
Concho Head Start



Rachelle Birdshead
Concho Head Start



Jayden Franklin
Concho Head Start



Alexia Heredia
Concho Head Start



Jaylon Leyva
Concho Head Start



Lyric Morales
Concho Head Start



Linda Munsey
Concho Head Start



Sophia Plentybears
Concho Head Start



Dezarae Sevenstar
Concho Head Start



Noah Turtle
Concho Head Start



Zoe Van Hook-Factor
Concho Head Start



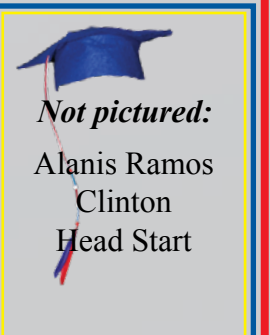
Mya Williams-Black
Concho Head Start



Laila Wise-Levario
Concho Head Start



Paydon Yeakey
Concho Head Start



Not pictured:
Alanis Ramos
Clinton
Head Start



Not pictured:
Lauren Whiteshirt
Concho
Head Start

*Compliments of the
Cheyenne and Arapaho Tribal Tribune
Congratulations to all the 2013 Graduates*